

Active Play Active Learning

Find places in your neighbourhood that will give your toddler opportunities to learn through active play. Toddlers are not really big enough for playgrounds so use walls, steps and natural environments as these are often just right for toddlers.

Active Play Active Learning is a series of play ideas that will encourage parents and their toddlers to be active in local community spaces. The ideas have been developed by EarlyEd's paediatric physiotherapists who know how to find activities that will support children to develop their physical and movement skills and then use these skills to play, explore and learn.

IN CROWS NEST



HERE IS A FOUNTAIN OF TODDLER PLAY OPPORTUNITIES

Located just outside of the Crows Nest Centre, this water fountain is built with a gradually changing height all the way around, from the front to the back. What a great place for a child of any size and ability to enjoy a moment of water play. Water play is such a great tool to motivate a child to practice standing and cruising, as they splash or reach for a floating leaf in the fountain.



A WIDE LANDING AREA IS A GREAT PLACE TO BEGIN LEARNING HOW TO WALK DOWN STEPS

Is your toddler learning to climb steps? A wide landing area is a great place to begin learning how to walk down steps, because a child has space to take a few extra steps to regain their balance. At first walk beside them so they can hold onto your pants or skirt if they need help to balance. Here is a spot in Ernest Place Village Green in Crows Nest.



TODDLERS AND LEAVES

Leaves create a perfect opportunity to engage your child while learning to walk. A toddler can hold onto this stone wall in Ernest Place at Crows Nest to cruise along. Stomp on a leaf to hear that crunch and help children understand the cause and effect of their movement on things underfoot. Squatting to pick up a leaf and put it on the wall helps build leg strength.



TODDLERS CAN BUILD THEIR CONFIDENCE BALANCING. THEY CAN WALK ALONG WALLS OF DIFFERENCE HEIGHTS

Here are a few spaces in the Crows Nest Centre where the tiniest of toddlers can practice walking, balancing, and stepping up and down. A great way to help toddlers practice walking is to give them a wall to cruise along.

Help your child build their confidence walking along a wall by holding their hand and then later just walking beside them. This reduces the level of support needed to walk and builds on confidence and independence. Maybe bring a toy car to roll along to give the child something to follow.



For more information go to www.earlyed.com.au/startstrongplay/ or phone (02) 9923 2727 or follow us on Facebook and Instagram