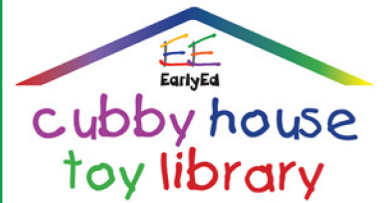


# Play and Engage



## Helping babies and toddlers learn to play

### Positioning for play

Where to play - think about the position of your child and their toys.

#### Making a *Just Right* Challenge - Not too easy, not too hard

How to play? - We can support babies and toddlers to learn new ways to play. Each child grows at their own pace. They are more likely to be successful, be interested and play again if we provide just the right level of challenge. Before you start doing an activity, game or play with a toy, think "Is this the right challenge for my child?" How can I make an activity the "just right challenge"?

**Sit on a supportive chair at a table or in a high chair.**



The right seating means your child will be able to move their arms freely to play. Have

- feet flat on the floor or foot rest.
- stable support on both sides of their body and
- tray or table close to their body.

If it is right your child will be able to move their arms freely to play.



**Sitting on the floor, toys between baby's legs encourages using two hands together.**



**Sit on the floor. Stacker beside baby.**

Putting a toy beside baby challenges use of muscles in their trunk and upper body and coordination of both sides of their body together.

**Stand or kneel at a couch or low table.**

Toys played at different levels helps a child learn to move around to play, and strengthens muscles needed to balance, stand and walk. Playing with a toy standing helps a child learn how to make use of legs.



Challenging baby to reach down to pick things up off the floor challenges their balance and stability.



**For information go to [www.earlyed.com.au/our-services/toy-library/](http://www.earlyed.com.au/our-services/toy-library/)**

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