


## Helping my baby learn through play: 24 to 36 months old

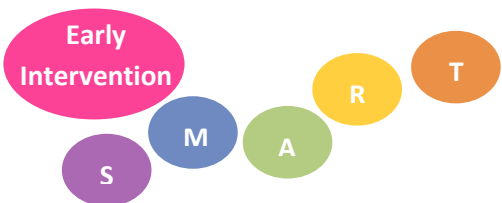
### MAKING FRIENDS, LEARNING TO PLAY COOPERATIVELY AND BUILDING CONCEPTS

Play Idea		How does it help my baby?	
<b>Finger painting</b> 	<b>Crayons/Pencil</b> 	<b>Helping my child develop prewriting skills</b> <ul style="list-style-type: none"> <li>Using crayons to develop pencil grasp</li> <li>Practicing prewriting: lines and circles</li> <li>Finger painting helps coordinate hands and eyes</li> </ul> <b>Note:</b> may be easier to use larger sized crayons	
<b>Toy Till</b> 	<b>Duplo</b> 	<b>Plastic building set</b> 	<b>Helping my child build creativity and imagination</b> <ul style="list-style-type: none"> <li>Trying over pretend play with toy till, selling fruit, dressing-up, etc</li> <li>Rehearsing visual perception (copying a structure such as a train or a bridge)</li> <li>Building structures with blocks and bricks</li> <li>Making things with boxes; e.g doll's house, shop, fortress</li> </ul>
<b>Picture matching and Snap Cards</b> 	<b>Kim's Game</b> 	<b>Helping my child build understanding of colours and shapes</b> <ul style="list-style-type: none"> <li>Matching pictures: introduces competitive game playing by matching shapes, colours and pictures</li> <li>Grouping objects: fruits, shapes, colours, etc</li> <li>Playing memory games: pick 3 items, let your child have a look and then cover them with a blanket; remove one and let your child guess which item is missing.</li> </ul>	
<b>Books</b> 		<b>Helping my child build vocabulary</b> <ul style="list-style-type: none"> <li>Going through books looking at pictures</li> <li>Telling together the story with the pictures as a guide</li> <li>Talking in past and future tense to build vocabulary, creativity and logical ordering of events; E.g what happened yesterday? What is going to happen tomorrow?</li> </ul>	
<b>Musical games</b> 		<b>Helping my child Learn through music</b> <ul style="list-style-type: none"> <li>Playing "Freeze" and other fun musical games.</li> <li>It offers opportunities to listen and follow directions, while teaching about words and sounds.</li> </ul> <b>Note:</b> You can add musical instruments too	

**Did you know?** Usually, children of this age are interested in playing with other children, as they learn to share and resolve conflicts. Also, they may learn new skills by watching others.

Play is how a child learns. This leaflet was created to provide ideas for activities which can support development of language, cognition and motor skills. The focus is not on specific brands of toys and this is not an extensive list. Development varies from child to child and if you have any concerns about your child speak to your GP or health visitor.

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## Tips to improve engaging in Play with 24 to 36 months old

### Building skills

#### Playing with others



Include other children in play activity to increase social skills and language development.

#### Building with blocks



Practice following instructions, fine motor skills, hand-eye coordination. Children will begin to stack them by size, colour or shape

#### Drawing and writing



Begin practicing writing skills. Can begin with water or chalk on driveway. Tracing around hands and feet

### Remember the importance of...

#### Imaginary Play



Use open ended toys: trains, blocks, empty containers, boxes. Encourage playing house, doctor or a make-believe tea party. Dressing-up games with hats, capes, dresses. Promotes creativity in play

#### Obstacle courses and outside play



Cut out circles and place on floor, suggesting children hop from circle to circle. Set up activities that include walking, crawling and hopping to get the 'treasure' at the end.

#### Social-Emotional Growth



Children at this age will begin to use symbols and ideas to express more than basic needs

### Keeping your child safe...

#### Be there for your child



Children at this age are explorers and have no sense of fear. They can quickly go up-stairs, climb furniture, etc. Supervise them at all times.

#### Home Safety



Keep household chemicals and medicines out of reach. Lock away hand tools and other dangerous items. Cook on the back burners to reduce risk of burns

#### Continue to limit screen time



Children learn by doing. Consistent screen time could diminish their learning, concentration and imagination.

**Did you know?** At this age children enjoy moving and playing action games, and physical activities are very important to promote health and wellbeing. Try to have some outside play every day!

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