

## Water Play

Children of all ages can enjoy playing with water. Play alongside your child, and use water play as a fun and stimulating activity.

Always supervise your child during water play, for their safety.



### Water play is great for...

- Encouraging sensory exploration
- Promoting physical skills to hold, carry, pour, stir, scoop, squeeze and catch
- Developing understanding of concepts such as wet/dry, full/empty, heavy/light, float/sink
- Providing pretend play themes: bath time, beach, boats, fishing, water creatures.

### Where to set up water play

- In the bath
- In kitchen sink
- In a small wading pool or 'clam shell' outside
- In a large plastic bowl, baby bath, bucket or plastic storage box.

### Things to play with

- Plastic cups, plastic bottles and buckets
- Plastic ladles, funnels, sieve, hand pump
- Plastic water wheel, watering can, tea pot
- Thick sponges, plastic animals and tea set.

### Play ideas:

- Splash hands and feet in the water
- Add bubble bath, then play with the bubbles
- Add food colouring
- Add ice blocks

- Squeeze thick sponges
- Fill and pour using plastic bottles, scoops, cups
- Float and sink different objects
- Have a tea party
- Wash plastic dishes or wash dolls
- Make wet hand or foot prints, for example on walls or paths
- Use a paint brush or roller to 'paint' with water, for example on walls or path.

### Safety considerations:

- **Young children can drown very quickly and quietly.** Young children can drown in only a few inches of water. Supervise your child closely during water play to ensure their safety.
- Always empty the water container (bath, sink, pool, bucket or bowl) once your child has finished.
- Choose safe, non-breakable toys.
- Do not leave nappy buckets or any other containers with water in them where children can reach them.
- Cover garden ponds and water features with strong mesh or fence them.
- Check your garden after rain or watering to make sure water has not collected in any empty containers, old tyres etc.
- If you have a spa make sure that it cannot be reached by children. Having a pool cover may not be enough to keep children out.

### More information

Water Safety [Child and Youth Health] Accessed 24 June 2013 at:

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1471>

