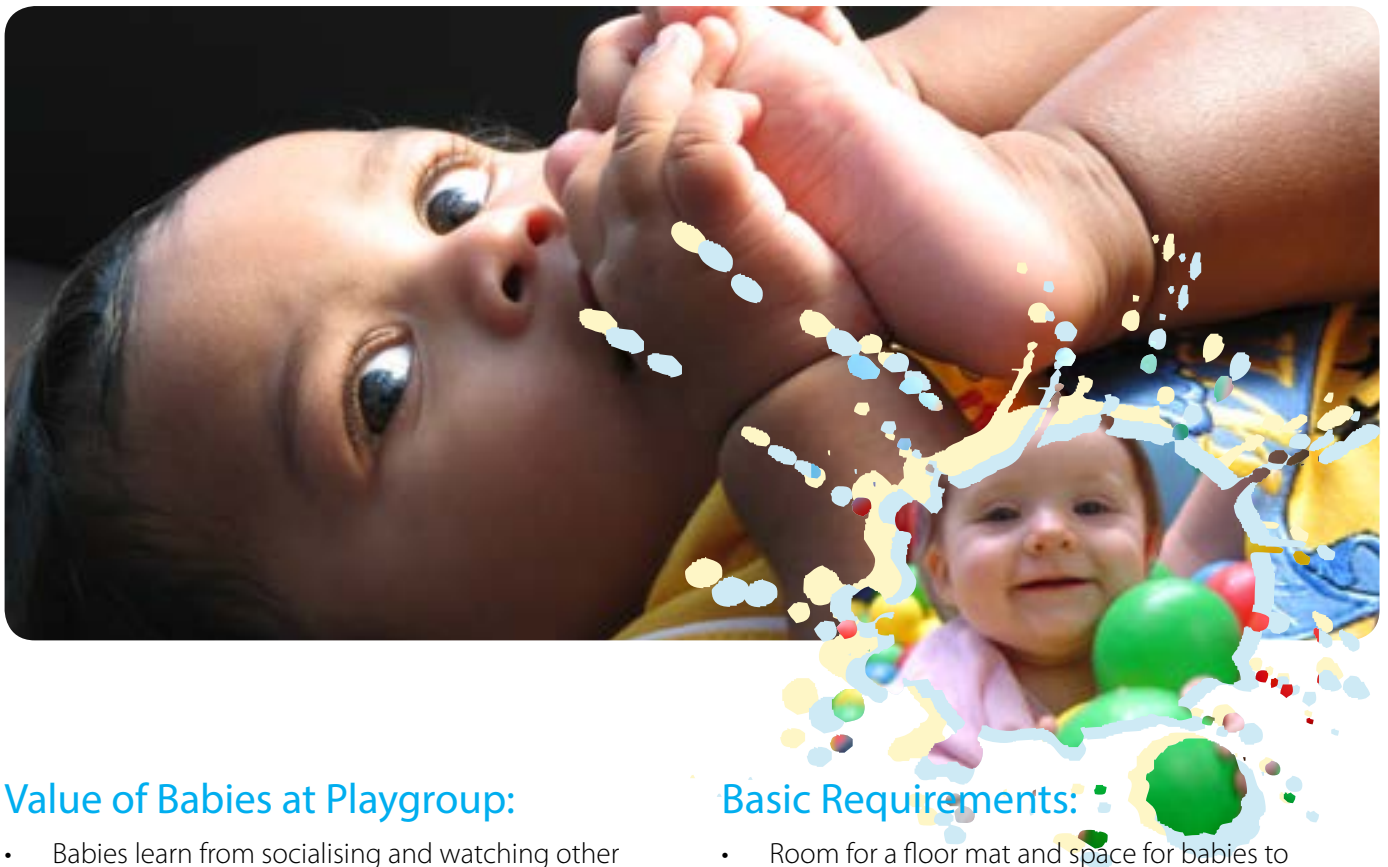




PLAYGROUP SA
Playing, learning, supporting families

Babies at Playgroup



Value of Babies at Playgroup:

- Babies learn from socialising and watching other babies and children
- Babies can learn to relate to other adults and carers, in a warm, safe and friendly environment
- Babies enjoy being with other babies and children
- Babies are able to explore and enjoy new experiences
- Parents with new babies often require support in the early months and a friendly person to chat with who may be going through similar experiences
- Babies explore the world around them through their senses - especially touch.

Basic Requirements:

- Room for a floor mat and space for babies to explore
- An area to change babies safely. A change table in a bathroom is ideal, if not, a wipe over mattress could be provided. Ensure nappies can be disposed of hygienically
- An area for pushers/stroller, preferably inside, so that baby can take a nap if needed
- A quiet space (e.g. easy chair) for parents to feed
- A few bright decorations, mobiles/poster around the room
- Well chosen toys suitable for babies
- An area that is easily supervised

Playgroup SA Free Call 1800 171 882



Note:

Most Playgroups include adults with children from birth to the age of five. These groups often set up a baby corner with a rug, a selection of baby toys and a couple of parents allocated to play with the babies on the mat.

Safety:

Ensure that babies on the floor are always supervised by adults. Ensure that children are not able to push prams, block trolleys and bikes into babies.

Suitable Toys/Equipment for Babies:

Things to look at:

- Mobiles
- Large bright pictures
- Picture books
- Brightly coloured blanket to lie on whilst playing
- Rattles and toys with moving parts
- Mirrors (play peek-a-boo) and watch facial expressions
- Most of all babies like to watch other children

Things to listen to:

- Talk to baby as if he/she understands
- Sing or chant simple nursery rhymes. It's a good idea to share a regular music time together
- Shakers - simply made by placing split peas or rice into a transparent small plastic bottle and permanently seal the lid
- Play soft music in the background

Things to touch and feel:

- Lie baby on a textured blanket made by sewing a variety of fabrics over an old curtain or sheet. Textures could include satin, velvet, corduroy, fleece etc.
- Stuff an orange bag with paper and tie both ends of the bag securely
- A variety of good quality baby toys
- A sensory bag - filled with various textured material to pull out and feel

Things to encourage movement:

- Move different parts of your face for baby to copy e.g. flutter eyelids, open mouth, poke out tongue
- Mobiles on a frame with dangling objects for baby to swipe at. Baby may use legs to kick as well
- Place objects just out of baby's reach on a rug on the floor to encourage them to move
- A medium sized soft rubber ball rolls away when baby touches it which encourages movement
- Simple blocks - babies like to knock things down. Cut two milk cartons down to 3 inches in height and push one inside the other to make a cube.