

"A person's a person, no matter how small" – Dr Seuss

Weston Creek
Children's centre

MARCH
2025

APRIL
2025



From the Nominated Supervisor's Desk

What's going on....

We acknowledge the traditional custodians of the ACT, the Ngunnawal people.

We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.

Dear Families,

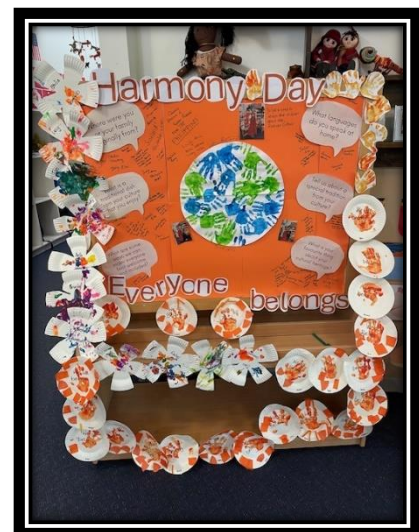
What a wonderfully busy few months it has been! We've had the joy of celebrating Harmony Week and Easter together.

Thank you to everyone who contributed to our beautiful Harmony Week display—your support made it extra special.

A special thank you to Yuliya, one of the mothers from the Waratahs room, who visited us in traditional Russian dress. She shared fascinating insights about Russian culture with our preschool children and even brought in some delicious, sweet biscuits for them to try. The children thoroughly enjoyed the experience and learned so much!

Our Easter Hat Parade was once again a fantastic success! We truly appreciated the families who came along to cheer on the children and admire their creative Easter hats.

Congratulations to all the winners of the Easter Raffle! We hope you enjoyed your chocolates.





Congratulations to the Wheeldon Family for winning first prize in the Easter raffle. Lewis and his sisters were very excited.



We're sad to say goodbye to two of our team members. Sarah, who has been with us for nearly three years, is moving on to a role in the public service. We wish her all the best in her new adventures. Sonam, who has been working with us on a casual basis for almost a year, is returning to her home country of Bhutan permanently. We wish both Sarah and Sonam every success in their future endeavours—they will be greatly missed.

At this stage, we will not be hiring new staff, as there is currently no need.

Barefoot Play & Safety Reminder

As part of our approach to sensory play and outdoor learning, we offer children the opportunity to go barefoot at certain times during the day. Many children enjoy this freedom and connection to nature! To help keep everyone's feet safe, especially during more active experiences, we kindly ask that each child has a pair of sturdy, enclosed-toe shoes. These will be needed for higher-risk activities such as riding bikes, visiting the chickens, and climbing on obstacle courses.

Exciting News – Sheridan's Getting Married!

We're thrilled to share that Sheridan is getting married in just two weeks! She'll be away from **May 5th to May 16th** as she celebrates this special time with her partner, Michael. Please join us in wishing Sheridan and Michael all the very best for a joyful wedding day and a wonderful life together. We are so excited for them.



PESTO CHICKEN TRAY BAKE



PREP 10 min | COOK 1hour 10min

INGREDIENTS

1 carrot, 1 red capsicum cut into batons
 1 zucchini, cut into rounds
 1 eggplant, halved and cut into half moons
 1 red onion, cut into thin wedges
 1 small bunch asparagus, ends trimmed and cut into three
 200 grams cherry tomatoes, halved
 2 tablespoons olive oil
 sea salt and pepper

500 grams chicken breast
 1 tablespoon basil pesto
 sea salt and pepper
 1 cup (250 ml) Greek yoghurt
 1 tablespoon basil pesto
 1 teaspoon olive oil
 to serve: a small handful of fresh basil leaves

1. Preheat oven to 190 degrees C and line an oven tray with baking paper. Place the carrot, zucchini, red capsicum, eggplant, red onion, asparagus, cherry tomatoes and olive oil onto the prepared tray. Season with sea salt and pepper and toss to combine. Pop into the oven for 30 minutes.

2. Meanwhile, place the chicken and pesto into a large bowl. Season with sea salt and pepper and toss to combine. Nestle the chicken breasts into the vegetables and bake for another 20 minutes, or until the chicken is cooked through. To make the yoghurt sauce, place the yoghurt, pesto and olive oil into a small bowl. Season with sea salt and pepper and gently stir to combine. To serve, pop the yoghurt sauce into the corner of the tray, sprinkle fresh basil leaves over the gorgeously golden chicken and vegetables and enjoy.

Image and recipe from Mylovelylittlelunchbox.com

Podcast Reviews



The Easy Feed Karina Savage

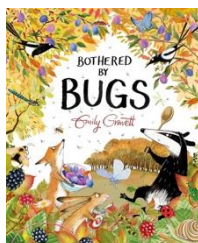
With over two decades of experience in feeding kids, Karina Savage has uncovered all the tricks to help get your children to eat better and boost their nutrition while saving you precious time in the kitchen.



Parenting & Personalities Kate Mason

One thing about being a parent – there's no shortage of personalities to be surrounded by. Our kids, our partners, our family, our friends. They keep us laughing, growing, loving, and crying. Kate Mason is an author, wife, and mother who has spent her career studying personality and relationships. This podcast will connect you to the ones you love most.

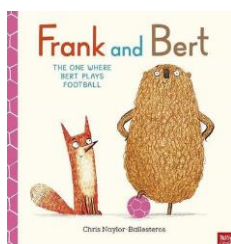
Book reviews



BOTHERED BY BUGS | EMILY GRAVETT

A very funny picture book story in which Pete the Badger, star of Emily Gravett's award-winning books *Tidy* and *Too Much Stuff!*, learns valuable lessons about the importance of all creatures, big and small, in maintaining the harmony of nature. Pete the Badger is choosing a delicious recipe from his new fruit cookbook when his peace is interrupted by a teeny tiny fly. The fly becomes a swarm and soon all the animals are being bothered by bugs and insects of all kinds . . . Richly detailed, wonderfully humorous illustrations will keep readers coming back for more.

FRANK AND BERT | CHRIS NAYLOR-BALLESTEROS



Frank is teaching Bert to play football. But things keep going a little wrong... Then Frank goes off for a kick-about with Barbara, the best football player in the world, and Bert feels a little... betrayed. But will Bert still be there for his best friend when things go terribly wrong? Of course he will be!

This big-hearted story about friendship and forgiveness is guaranteed to get children giggling!

THE GARDEN OF BROKEN THINGS | FREYA BLACKWOOD



From award-winning creator Freya Blackwood comes a beautifully tender story about curiosity and the joy of listening. One day, curious Sadie follows a cat into the tangled vines behind the lonely house at Number 9, Ardent Street. Deep in the undergrowth, past all the twisted, rusted things, Sadie finds the cat sitting on the lap of a woman, bent with time and weariness. Sadie has found the Garden of Broken Things.



HEALTH AND SAFETY: How to ease your child's separation anxiety

Separation anxiety varies WIDELY between children. Some babies become hysterical when you are out of sight for a very short time. Other children seem to show ongoing anxiety at separations during infancy, toddlerhood and preschool.

Easing transitions for your child and you

The trick for surviving separation anxiety demands preparation, brisk transitions, and the evolution of time. I would suggest we parents suffer as much as our children do when we leave. Even though we are often reminded that our children stop crying within minutes of our leave-taking, how many of you have felt like you're "doing it all wrong" when your child clings to your legs, sobs for you to stay and mourns the parting? As a parent working outside the home, separation anxiety has created questions for me. Although it is an entirely normal behaviour and a beautiful sign of a meaningful attachment, separation anxiety can be unsettling for us all.

Separation anxiety by age & developmental stage

- **Infants:** Separation anxiety develops after a child gains an understanding of object permanence. Once your infant realizes you're really gone (when you are), it may leave them unsettled. Although some babies display object permanence and separation anxiety as early as 4 to 5 months of age, most develop more robust separation anxiety at around 9 months. The leave-taking can be worse if your infant is hungry, tired or not feeling well. Keep transitions short and routine if it's a tough day.
- **Toddlers:** Many toddlers skip separation anxiety in infancy and start demonstrating challenges at 15 or 18 months of age. Separations are more difficult when children are hungry, tired or sick—which is most of toddlerhood! As children develop independence during toddlerhood, they may become even more aware of separations. Their behaviors at separations will be loud, tearful and difficult to stop.
- **Preschoolers:** By the time children are 3 years of age, most clearly understand the effect their anxiety or pleas at separation have on us. It doesn't mean they aren't stressed, but they certainly are vying for a change. Be consistent; don't return to the room based on a child's plea and certainly don't cancel plans based on separation anxiety. Your ongoing consistency, explanations and diligence to return when you say you will are key.

Surviving separation anxiety: 6 tips to try

Create quick goodbye rituals. Even if you have to do major-league-baseball-style hand movements, give triple kisses at the cubby, or provide a special blanket or toy as you

leave, keep the goodbye short and sweet. If you linger, the transition time does too. So will the anxiety.

2. Be consistent. Try to do the same drop-off with the same ritual at the same time each day you separate to avoid unexpected factors whenever you can. A routine can diminish the heartache and will allow your child to simultaneously build trust in their independence and in you.

3. Give your full attention When separating, give your child full attention, be loving and provide affection. Then say goodbye quickly despite their antics or cries for you to stay.

4. Keep your promise. You'll build trust and independence as your child becomes confident in her ability to be without you when you stick to your promise of return. The biggest mistake I ever made in this regard was returning to class to "visit" my son about an hour after a terrible transition. I was missing him, and although the return was well intended, I not only extended the separation anxiety, we started all over again in the process. When I left the second time (and subsequent days) it was near nuclear.

5. Be specific, child style. When you discuss your return, provide specifics that your child understands. If you know you'll be back by 3 p.m., tell it to your child on their terms; for example, say, "I'll be back after nap time and before afternoon snack." Define time they can understand. Talk about your return from a business trip in terms of "sleeps." Instead of saying, "I'll be home in 3 days," say, "I'll be home after 3 sleeps."

6. Practice being apart.

Ship the children off to grandma's home, schedule playdates, allow friends and family to provide child care for you (even for an hour) on the weekend. Before starting child care or preschool, practice going to school and your goodbye ritual before you even have to part ways. Give your child a chance to prepare, experience and thrive in your absence!

Remember It's rare that separation anxiety persists on a daily basis after the preschool years. If you're concerned that your child isn't adapting to being without you, chat with the paediatrician. Your paediatrician has certainly helped support families in the same situation. They can help calm your unease and determine a plan to support both of you!



More info via the QR code.

Source: Swanson, Wendy Sue. (6/1/2025). **How to Ease Your Child's Separation Anxiety.** Retrieved <https://www.healthychildren.org/English/ages-stages/toddler/Pages/Soothing-Your-Childs-Separation-Anxiety.aspx>

UNO NUMERACY AND MORE

1. COLOUR RECOGNITION. Let toddlers **divide Uno cards by colour.** It will enhance their knowledge of basic colours (yellow, red, blue, green). Age 2+.

2. NUMBER RECOGNITION USING UNO CARDS. Picking the same number, colour is irrelevant.

3. SORTING UNO CARDS BY COLOR AND NUMBER.

A little bit more enhanced: Sorting by both colour and number.

4. GO FISH. Shuffle the cards, deal each of the players 5 cards, other cards face down on the table. One player calls out the card he / she has in hand (example: "Do you have red No.1?"). Other players check their hands, if they have it, they collect both cards, and if they don't, they draw another card from the pile. A player who collects most cards is the winner.

Source: besttoys4toddlers.com



FOCUS: The beautiful reason why Danish schools teach empathy to kids

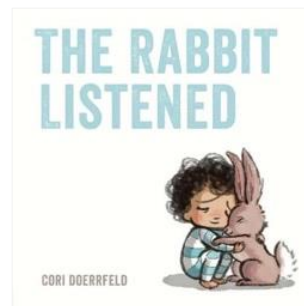
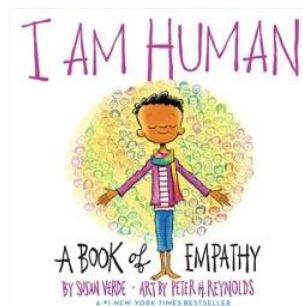
If you're wondering what you can do to make sure your kids grow up happy and well-adjusted, you might want to look to Danish schools. Since 1993, students in Denmark have studied empathy as part of their curriculum. Starting in kindergarten, Danish students learn about emotions, how to articulate their feelings and how to support their classmates. In the book *The Danish Way of Parenting* by Iben Sandahl and Jessica Alexander, the authors assert that the Danes raise empathetic, capable kids who grow into confident, happy adults. It's a winning cycle that starts with how they teach their children empathy.

For the past seven years in a row, Denmark has consistently ranked as one of the happiest nations in the world. Maybe the way they raise their children is the reason why. Danish students participate in the Step by Step program. Students are shown cards that feature kids who are experiencing different emotions, like sadness, anger, and happiness. The students are asked to not just identify the emotion, but to explain what it means to them. They learn how to interpret others' emotions and how they make them feel. Perhaps most tellingly, the students don't judge the emotions. They simply recognize and respect them.

Students also participate in the CAT-kit program, which focuses on identifying and articulating emotions. It was originally designed as a tool for children on the autism spectrum and has since been picked up by educators and parents worldwide. It uses visual pictures to help students learn how to name their thoughts and feelings.

In an essay in *The Atlantic*, Jessica Alexander, one of the co-authors of *The Danish Way of Parenting*, explains that teachers also subtly mix children of different strengths and weaknesses together. "The goal is for the students to see that everyone has positive qualities and to support each other in their efforts reach the next level," she writes. "The math whiz may be terrible at soccer, and vice versa. This system fosters collaboration, teamwork, and respect."

Yet another program that Danish schools utilize comes from The Mary Foundation, established by HRH Crown Princess Mary of Denmark in 2007. The anti-bullying program is taught to elementary-aged children and encourages them to be more caring towards each other. According to The Foundation's [website](https://www.maryfoundation.org/), "Everyone has the right to belong. The Mary Foundation works for the many people who are alone."



It's not just a one-off lesson or a conversation held on World Kindness Day. Students learn about empathy, kindness and respect from the time that they enter the school system. Danish teachers place equal emphasis on academics as well as emotions. And it's not just about making a grade—it's about raising kind, understanding children. That's something we definitely support.

Source: Motherly. (2020). The beautiful reason why Danish schools teach empathy to kids. Retrieved from <https://www.mother.ly/life/why-danish-schools-teach-empathy/>

If you would like to bring more empathy and kindness teaching into your home books are a great way to do it.

'I AM HUMAN – A book of empathy'

Susan Verde, illustrated by Peter H. Reynolds

'THE RABBIT LISTENED'

Cori Doerrfeld

'Have you filled a bucket today'

Carol McCloud



This is just a quick read of this article.
Read the in full via the QR code.

Orsini, Jamie. (October 2020). The beautiful reason why Danish schools teach empathy to kids. Retrieved from <https://www.mother.ly/life/why-danish-schools-teach-empathy/>

RIDE TO DAYCARE, PRE-SCHOOL AND WORK

Improve physical fitness and mental health. We're all aware that riding is a great way to help keep your body fit and healthy, but did you know it can also help to support your mental wellbeing, too? One study reveals that riding is the second best form of exercise for a lower mental health burden, just behind participating in team sports.

Improve productivity. Riding has been shown to improve brain function, with it increasing blood flow to the brain by 28% compared to resting, according to one study. As a result, this can help your children ride to daycare and you arrive to work in a more positive frame of mind, and help to improve productivity throughout the day.

Helps the environment. If you're passionate about sustainability, riding is a great way to play your part and help create a greener local environment. By replacing a car for a bike, not only will you be saving on harmful emissions,



but if more people chose to cycle, it would reduce congestion on roads, helping to cut pollution even further.

It's National Ride '2' School Day on March 21, why not join in this year and start a new tradition with your family or better yet begin a new weekly routine. Follow the QR code for some awesome National **Ride2School** day ideas!

Source: BQ Bicycle Queensland



HEALTH & SAFETY: Stranger Danger – Tricky People

For generations, kids have been taught stranger danger: the principle that all strangers can potentially be dangerous. But a certified child safety educator says stranger danger doesn't work. In fact, it actually works against a parent. Safely Ever After founder Pattie Fitzgerald says 90% of sexual abuse or harm comes from someone the child knows, not a stranger. "Stranger danger doesn't teach kids about that. Stranger danger is looking in the wrong direction here."

Strangers can be confusing to kids Speaking to News Regional Media, Pattie says kids also have a different perception of what a stranger is. "If someone wants to offend against a child, they will often make themselves friendly or introduce themselves and then that child doesn't think they are a stranger. Kids also see their parents talking to strangers all the time. With learning stranger danger, when there is no danger perceived kids don't see that stranger as a threat which is why we need tricky people and why tricky people makes more sense."

Learning to spot 'tricky people' Tricky people is Pattie's philosophy; one she has been teaching to families all over the world for 15 years. "The main principle of tricky people is a tricky person can be someone you know or don't know but it is someone who breaks a safety rule or asks you to do something that makes you feel uncomfortable." But before we rush out and teach kids about tricky people, Pattie says it is important to teach kids safety rules first. "My whole philosophy it is a process." The first thing parents need to do is teach kids what is okay and not okay and anyone who breaks those rules is a tricky person. "I call them thumbs up/thumbs down. Someone doing something thumbs down - breaking a safety rule - they're a tricky person."

Pattie recommends these 10 rules for kids:

1. I am the boss of my body!
2. I know my name, address and phone number and my parents' names too (don't forget kids need to know their parents' mobile phone numbers)
3. Safe grownups don't ask kids for help (they go to other grownups if they need assistance)
4. I never go anywhere or take anything from someone I don't know
5. I must "check first" with my safe-smarts grown-up for permission before I go anywhere, change my plans, or get into a car even if it's with someone I know. If I can't check first, then the answer is NO!
6. Everybody's bathing suit areas are private

7. I don't have to be polite if someone makes me feel scared or uncomfortable. It's okay to say no even to a grown-up if I have to
8. I don't keep secrets especially if they make me feel scared or uneasy (no adult should tell a child to keep a secret)
9. If I ever get lost in a public place, I can freeze and yell or go to a mum with kids and ask for help

I will always pay attention to my special inner voice, especially if I get an "uh-oh" feeling.

Teach your kids to be the boss of their bodies

Pattie also has a list of tips for parents on her website here but says the most important things parents can teach their kids is that they are the boss of their bodies, there are no secrets and to always check first. "Teach kids at an early age that they the boss of their private parts. Do this using anatomically correct words, not cutesy names. Predators have said if a child says, 'that's my penis' it is harder to coerce them." Also, make sure your child knows there are to be no secrets from mum and dad and to check first if someone asks something of them. "And teach kids what to do not what to do. Show them how to respond in a situation." Pattie recommends doing this through role-play. Show them what asking first or checking first looks like. "Practice makes perfect. You have to remind them every time you go somewhere."

While role playing is good, Pattie says if we're really going to keep our kids safe from tricky people, it is up to us to pay attention. "Don't let your kids run around unsupervised." And notice who is paying attention to your kids. Safe adults, especially ones who work with your kids, don't look for extra alone time for your kids. "My mother asking to take my daughter to the movies, that makes sense. A maths teacher asking to make my daughter to the movies doesn't make sense." Pattie has an extensive list of red flags for parents here. For parents looking for guidance on how to get the safety dialogue started with their kids, Pattie has written two books. You'll find these on her website here.



More information via the QR code.

Source: *The 'tricky people' lesson you need to teach your kids.* (2019). Retrieved www.kidspot.com.au

Easter Alphabet Hunt

You will need: Plastic easter eggs, alphabet magnets, permanent marker, tray, paper.

Write the letters on construction paper and tape it to the cookie sheet. Place the alphabet magnets into the Easter eggs. Hide the Easter eggs around the house and let your kids find them.

Once the eggs are all found (or as they are found) your child will need to crack them open and find the matching letter on the paper. Then do it all over again!

Source: busytoddler.com



FOCUS: Kids need to learn self-regulation now more than ever

Twenty years ago, children would meet up with friends in person, play outside, do puzzles and read books. Things have changed a lot since then. We are constantly on electronic devices. And kids are tech-savvy. I've seen second graders demand mobile phones from their parents to take photos or go on social media. But it's not so much the access kids have that worries me. It's the lack of self-control and self-efficacy regarding the access. How much time should kids have on a digital device? How often should they use it? What should they be doing on it? Self-regulation isn't just about screen time. It ultimately helps them become more capable and confident in all aspects of their lives.

How parents can help kids self-regulate Self-regulation begins to develop rapidly in the toddler and pre-schooler years, so the sooner we start teaching it, the better.

1. Model a healthy relationship with technology. Think of the last time you were eating lunch while typing an email while listening to a podcast and checking your phone each time it dinged. We've all been there. Children can have a hard time self-regulating because their parents model this behaviour. Remember, our kids are constantly watching and copying us!

Even worse, a survey of over 6,000 participants found that 54% of kids thought their parents used their devices too frequently. Thirty-two percent of kids felt "unimportant" when their parents were on the phone. *Unimportant*. That makes me sad. How many of us adults have felt that way when someone checked their phone during a conversation? Yes, phones are addictive, but for our children's sake and ours, we must set boundaries.

2. Teach them to be patient. Self-regulation is made up of many skills, and one of them is patience. A study on delayed gratification found that kids who are able to wait longer for rewards tend to have better life outcomes. Here's the opposite of teaching patience: letting a kid be online for the entire day — in the car, in restaurants, at the dinner table.

For my girls, waiting and saving were part of our lives. We didn't have much money when they were growing up, so we saved for what we wanted. They each had their own piggy bank, and they filled them penny by penny. We even cut coupons from the newspaper every Sunday. When they were able to purchase something, they wanted because of their patience, they felt a sense of accomplishment.

3. Let them be bored. As a teacher, my students would sometimes complain to me that I couldn't hold their attention during lectures. But I never got upset or offended. I seized it as a learning opportunity and said: "I want you to go home and ask your parents if they are ever bored at their jobs. If you come back tomorrow with the answer that they are never bored, you can skip my lecture." That got their attention. "Being bored is

preparation for life," I told them. "You are practicing right now." They laughed, but they all understood. Life is sometimes, or often, boring. But you can learn a lot during those moments. You can either go straight to your phone, or you can dream: What are your goals? What are your next steps? What obstacles are in the way? Where do you feel the most excitement, the most hope?

4. Set tech rules. This is a no-brainer, but surprisingly, many parents don't establish the ground rules.

Here some top rules for technology:

1. Set up a plan *with* your kids, not *for* your kids.
2. No phones during meals, whether in your house or someone else's.
3. No phones after bedtime. Explain the importance of sleep for brain development and remind them that their bodies grow when they sleep.
4. Use discretion with small children. Younger kids, starting at age four, should be taught how to use a mobile phone in case of an emergency.
5. Children should come up with their own mobile phone policies for family holidays, or any kind of social activity where they need to be present. Be sure to choose a penalty for disobeying their own policy (e.g., losing a certain amount of time on a device).
6. Discuss what pictures and audio are appropriate to share online. Explain that whatever they post leaves a digital footprint.
7. Help them understand what cyberbullying is, and its negative impact on others. I always say: "Laugh *with* your friends, not *at* them."
8. Teach them to not give out personal identification information.

The goal is to empower them and teach self-efficacy. When kids can self-regulate, they are more likely to have more successful relationships with themselves and with others.



Read the article via the QR code.

Wojcicki, Esther. (2022). *I raised 2 successful CEOs and a doctor. Here's the No. 1 skill I wish more parents taught their kids today.* Retrieved from [cnn.com](https://www.cnn.com)

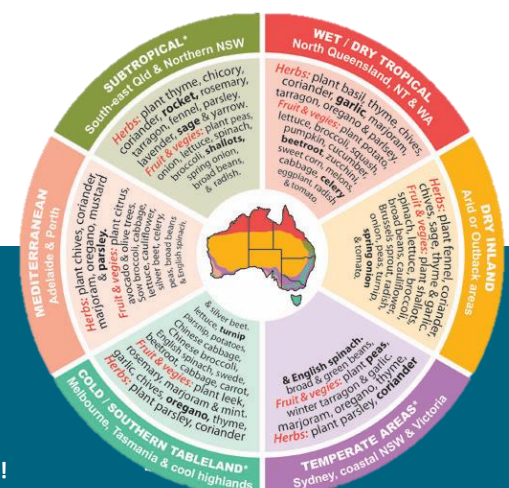


START A VEGETABLE GARDEN

April is also a top time to get into the patch! There is a little bit of rain around, the weather is cooling down, and shed loads of stuff is ready to plant! So, don't be a bunny, get into gardening this April! Hop to it!

Starting a veggie patch can be daunting. What do I plant? Where? Etc
Bunnings has a very simple guide to get you started. You can find it here!

Use this chart to know what to plant this Autumn.



PLAYDOUGH

Squishing, rolling, sculpting, modelling . . . young children love to play with playdough. Add some props from around the home and playdough play becomes a powerful way to support your child's learning.

This simple preschool staple lets children use their imaginations and strengthen the small muscles in their fingers—the same muscles they will one day use to hold a pencil and write. Using playdough with you, a friend, or siblings supports your child's social skills such as sharing, taking turns, and enjoying being with other people. Playdough also encourages children's language and literacy, science, and math skills—all at the same time!

Around-the- house Playdough Props

- Birthday candles
- Blocks
- Bottle caps
- Combs
- Cookie cutters
- Feathers
- Leaves, twigs, pebbles
- Rolling pin or bottle
- Straws
- Small toy people and animals

When children use playdough, they explore ideas and try different approaches until they find one that works. They compare and contrast objects, actions and experiences. In their experimenting, children come up with their own ideas, satisfy their curiosity, and analyse and solve problems.

Source: Naeyc. (2023). Playdough Power. Retrieved from <https://www.naeyc.org/our-work/families/playdough-power>

You will find the best no-cook playdough recipe at Imagination Tree. Follow the link [here](#).



ROUGH AND TUMBLE PLAY

Rough-and-tumble play is when children do things like climb over each other, wrestle, roll around and even pretend to fight. Rough play is probably a basic human instinct that helps children develop many skills – but mostly children like this kind of play because it's fun!

Rough play helps young children:

- understand the limits of their strength
- explore their changing positions in space
- find out what other children will and won't let them do
- work out social relationships as they play roles, take turns and sort out personal boundaries
- burn off energy and let go of tension.

Play fighting or real fighting?

You might worry that your child is being aggressive, but you can usually tell rough-and-tumble play or play fighting from the real thing. **In rough play, children smile and laugh.** You might see excitement and pleasure on their faces. No-one gets bullied, hurt or forced to do anything. Once children are finished with rough-and-tumble play, they keep playing together.

If you see **frowning, crying, fear or anger**, it isn't play. And children who are really fighting move away from each other once the fight is over.

Rough play can sometimes lead to real fighting, so try to set some rules about what is and isn't OK during play. You can get even young children involved in working out what the rules should be. For example, you and your child might make rules about checking that everyone is happy with playing this way and stopping if anyone seems uncomfortable. This is important because it helps to keep everyone safe.

Rough-and-tumble play: ages and stages

Babies and toddlers enjoy exciting movement, as long as they feel safe. Babies and toddlers like to be bounced on their parents' knees or lifted into the air. It's best to **be gentle with young children**, though, to avoid any accidental injury.

Toddlers love playing chasey or tiggy, spinning around and dancing. Some toddlers like gentle wrestling on a safe, soft surface with you or other toddlers. This kind of active play works best when children are wide awake and not expected to go to bed or sit quietly any time soon.

Primary school-age children are the biggest rough-and-tumblers, particularly with their friends. Like toddlers, they often enjoy wrestling on safe, soft surfaces where they can fall or roll around. At this age, it's important to talk with children about keeping rough play respectful, safe and fun.

Source: raisingchildren.net.au