

Engaging in Play resources

Asking questions that spark play and imagination

Go to [Raising Children Network Asking questions that spark play and imagination video](#)¹

Building independence

Go to [Beyond Blue Focus on autonomy and responsibility webpage](#)²

Children – Keeping them active

Go to [Better Health Channel webpage](#)³

Following a child's lead

Go to [smalltalk video](#)⁴

Guideline for Health Growth and Development of Your Child

Go to [Department of Health Brochure](#)⁵

Keep Your Stress Bucket from Overflowing

Go to [Beyond Blue Keep your stress bucket from overflowing webpage](#)⁶

Low-Cost Play Ideas

Go to [Raising Children Network Low-cost play ideas video](#)⁷

Learning Games

Go to [the University of Melbourne 3a – Abecedarian Approach Australia webpage](#)⁸

Managing Emotions

¹ <https://raisingchildren.net.au/school-age/videos/questions-that-spark-play>

² <https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience/focus-on-autonomy-and-responsibility>

³ <https://www.betterhealth.vic.gov.au/health/HealthyLiving/children-keeping-them-active?viewAsPdf=true>

⁴ <https://www.smalltalk.net.au/following-your-childs-lead/>

⁵ <https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-birth-to-5-years-brochure.pdf>

⁶ <https://www.beyondblue.org.au/personal-best/pillar/wellbeing/keep-your-stress-bucket-from-overflowing>

⁷ <https://raisingchildren.net.au/school-age/videos/low-cost-play-ideas>

⁸ <https://education.unimelb.edu.au/3a>

Go to [Beyond Blue Focus on managing emotions webpage](#)⁹

Song and Story Time

Go to [Jbrary](#)¹⁰ for online resources

Toys and Games for Kids 0 to 8 Years

Go to [Raising Children Network Toys and games for children webpage](#)¹¹

⁹ <https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience/focus-on-managing-emotions>

¹⁰ <https://jbrary.com/>

¹¹ <https://raisingchildren.net.au/babies/play-learning/getting-play-started/toys-and-games>