

# Water Play

over 2's



Produced by Redbridge  
Early Years Childcare  
Improvement Team

## *Families at Play*

Families at Play is a series of information leaflets that offer enjoyable and exciting activities for you and your child to do together.

Other leaflets available in the Families at Play series:

Physical Activity over 2's

Physical Activity under 2's

Messy Play over 2's

Messy Play under 2's

**Water Play over 2's**

Water Play under 2's

Sound and Music over 2's

Sound and Music under 2's

Mark Making over 2's

Mark Making under 2's

Playdough over 2's

Exploring under 2's

Small World over 2's

Pretend Play under 2's

## Even more ideas

Walk in the rain, listen to the sound rain makes, splash in puddles

Blow bubbles

Make a little pond or bird bath in an upturned bin lid or large shallow container

Water the garden, run through sprinkler/garden hose

Paint with water using paint brushes and/or rollers

Go swimming

Throw it, spray it, splash it, paddle in it!



## Why is playing with water so important?

First it cannot be emphasised enough that when children are playing with water they need to be fully supervised.

Young children love playing with water, whether it be in the bath or learning to swim.

Playing with water offers a sensory experience.

Children can explore and express themselves in their own way and develop their own interests.

This type of play is likely to lead to some mess so you need to be prepared for that. This will allow your child to play freely and not feel pressured to keep dry or not make a mess. Encourage your child to help clear up afterwards.



## How will this help my child?

When playing with water, children will:

- Improve their skills at pouring by developing their arm and hand muscles.
- Develop hand eye co ordination.
- Discover that things float and sink.
- Explore how water behaves and feels.

When playing with water with your child you have the opportunity to introduce a whole range of exciting words:

*Drip, drop, drizzle, soak, spray, splash, squish, overflow, dissolve, squeeze, full, empty, float, sink, wet, and many more.*



## What will we do?

It is not necessary to buy special toys for water play.

You can provide opportunities for your child to play with water in the bath or the kitchen sink where **you need to make sure there is no danger of a burn from a hot tap.** Also you could use a washing up bowl, a baby's bath or even a paddling pool outdoors.

Here are some suggestions of everyday items which children enjoy playing with, and which will provide opportunities to explore water.

*Jugs and containers  
Colanders and strainers  
Plastic bottles some with extra holes  
Sponges, Corks  
Small watering cans  
Tea pot and cups  
Funnels and small section of hose*