

# Engaging in Play resources

## Asking questions that spark play and imagination

Go to [Raising Children Network Asking questions that spark play and imagination video](https://raisingchildren.net.au/school-age/videos/questions-that-spark-play)[[1]](#footnote-1)

## Building independence

Go to [Beyond Blue Focus on autonomy and responsibility webpage](https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience/focus-on-autonomy-and-responsibility)[[2]](#footnote-2)

## Children – Keeping them active

Go to [Better Health Channel webpage](https://www.betterhealth.vic.gov.au/health/HealthyLiving/children-keeping-them-active?viewAsPdf=true)[[3]](#footnote-3)

## Following a child’s lead

Go to [smalltalk video](https://www.smalltalk.net.au/following-your-childs-lead/)[[4]](#footnote-4)

## Guideline for Health Growth and Development of Your Child

Go to [Department of Health Brochure](https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-birth-to-5-years-brochure.pdf)[[5]](#footnote-5)

## Keep Your Stress Bucket from Overflowing

Go to [Beyond Blue Keep your stress bucket from overflowing webpage](https://www.beyondblue.org.au/personal-best/pillar/wellbeing/keep-your-stress-bucket-from-overflowing)[[6]](#footnote-6)

## Low-Cost Play Ideas

Go to [Raising Children Network Low-cost play ideas video](https://raisingchildren.net.au/school-age/videos/low-cost-play-ideas)[[7]](#footnote-7)

## Learning Games

Go to [the University of Melbourne 3a – Abecedarian Approach Australia webpage](https://education.unimelb.edu.au/3a)[[8]](#footnote-8)

## Managing Emotions

Go to [Beyond Blue Focus on managing emotions webpage](https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience/focus-on-managing-emotions)[[9]](#footnote-9)

## Song and Story Time

Go to [Jbrary](https://jbrary.com/)[[10]](#footnote-10) for online resources

## Toys and Games for Kids 0 to 8 Years

Go to [Raising Children Network Toys and games for children webpage](https://raisingchildren.net.au/babies/play-learning/getting-play-started/toys-and-games)[[11]](#footnote-11)

1. https://raisingchildren.net.au/school-age/videos/questions-that-spark-play [↑](#footnote-ref-1)
2. https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience/focus-on-autonomy-and-responsibility [↑](#footnote-ref-2)
3. https://www.betterhealth.vic.gov.au/health/HealthyLiving/children-keeping-them-active?viewAsPdf=true [↑](#footnote-ref-3)
4. https://www.smalltalk.net.au/following-your-childs-lead/ [↑](#footnote-ref-4)
5. https://www.health.gov.au/sites/default/files/documents/2021/05/24-hour-movement-guidelines-birth-to-5-years-brochure.pdf [↑](#footnote-ref-5)
6. https://www.beyondblue.org.au/personal-best/pillar/wellbeing/keep-your-stress-bucket-from-overflowing [↑](#footnote-ref-6)
7. https://raisingchildren.net.au/school-age/videos/low-cost-play-ideas [↑](#footnote-ref-7)
8. https://education.unimelb.edu.au/3a [↑](#footnote-ref-8)
9. https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience/focus-on-managing-emotions [↑](#footnote-ref-9)
10. https://jbrary.com/ [↑](#footnote-ref-10)
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