

Dressing up

Allow your child to explore their own identity through dressing up. Collect old hats, bags, gloves, scarves, lengths of material, tea towels and old curtains. Create face masks using paper plates or cereal boxes.

Make sure fabric has no loose cords, strings or ribbons which could cause harm to your child.



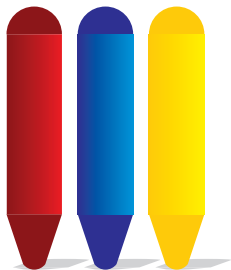
Puppets

Play with puppets to talk to your child and talk through emotions and feelings. You can make homemade puppets using odd socks, paper bags or envelopes. Draw faces on them or use stickers to make them more interactive.



Drawing, painting and junk modelling

Give your child resources to explore their creativity such as crayons, felt tips, paint, cardboard boxes and glue. Allow them to get creative with junk art using envelopes, cereal boxes, cartons and yoghurt pots.



For more information visit www.pha.site/birthtofive