

# FACT SHEET:



# ABIOS

Acquired Brain Injury Outreach Service



## Fun Activities with Your Child

### Category:

Life After ABI  
Parenting

### Audience:

Person with an ABI

### Introduction

When planning to do something with your child, choose an activity that is appropriate to your child's development (see tip-sheet). Be flexible about the activities. There is not always just one way of doing things. Your child may have ideas that are different to yours and, as long as it is safe, follow their lead. The main thing a child needs from play with a parent is to have fun. With a little imagination, lots of ordinary things around the house can be turned into creative, and free, play ideas



### AT HOME with toddlers

For more information  
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ABIOS Manager

- Toddlers love simple picture books with familiar things and simple stories. Read aloud to them and talk to them about the pictures. Count things in the pictures. Identify colours in the pictures. They will often want the same book over and over. This helps them to understand that some things stay the same.
- Toddlers love to copy household tasks, like using the telephone, sweeping, playing house, and digging in the garden.
- Toddlers often love to 'post' things. Give them a cardboard box of their own. Cut slits in the front of the box or an old ice-cream container. Make some of your own "letters" to post out of cardboard that have been decorated.
- Some toddlers love playing with pegs and moving them from container to container. Try some different shaped containers.
- Music can help your child with rhythm and sounds. Make some instruments with your child, play toy instruments, listen to music together, sing songs together and move to the music together. If you are enjoying the experience it is more likely that your child will join in as well.
- Make some homemade play dough and build towers, pancakes and anything else your toddler wants to do. You can find the play dough recipe on the internet.
- Ice-cream containers make fun hats. Cover them with foil and your toddler is an instant astronaut. You can also paste on material or other odds and ends to make fancy hats



## AT HOME with pre-schoolers

- Pre-schoolers are learning to sort things into groups. Play games for sorting objects. For example sorting buttons into shapes and colours. Play games like animal lotto.
- Give pre-schoolers the opportunity to learn to ride a three wheeled bike or two wheeled with trainer wheels.
- Make opportunities for outdoor activities such as walks in the park, ball games, visiting playgrounds.
- Provide materials for painting, drawing and collage. Things like old magazines and a range of boxes are handy.
- Provide a dress-up box for your child. You can pick-up cheap dress-ups like hand-bags, shoes and scarves from second-hand clothing stores.
- Children also enjoy puppets with their imaginative play.
- You can make your own puppets. For example you can
- make paper finger puppets or sock hand puppets.
- Fold newspaper into a pirate's or magician hats and let your child decorate
- Let your pre-schooler turn old cardboard boxes into toys – a car, cubbyhouse, milk bar, kitchen, train. Use some of the small children's wooden chairs in a row to make a bus or a train. Use a washing basket as a boat or a car.
- Tell stories about when you were a child.
- Let your child help in the preparation of food. For example your child can help put together morning tea with healthy options. They may be able to arrange the cut fruit or vegetable sticks on a plate.



## AT HOME with school aged children

- Continue reading to your child even when they can read themselves. They enjoy the time spent with you and you can discuss the story as you go.
- As children are able to read for themselves you can provide a variety of computer, board and word games.
- Six to nine year olds can be provided with opportunities to listen to a radio/CD player.
- Play ball games with your child, for example tennis, cricket, and football.
- Provide simple opportunities for children to work in the kitchen with you. Make simple recipes like biscuits or simple dinners like pizzas.
- Physical activity is great for children. Not all children will like team sports. You may need to explore options like bush walking, swimming and skateboarding.
- Try a family bike ride or camp out in the backyard
- Have a friend over for the afternoon.
- Use old sheets and towels and turn them into a cubby, or whatever your child would like to make out of them.



