

# Age-Appropriate Parent–Child Play Activities



Below is a table of recommended play activities that support healthy development and bonding during supervised visitation, aligned with Australian early childhood development and parenting best practices.

Age Range	Example Activities	Developmental Focus
0–12 months	<ul style="list-style-type: none"> <li>• Tummy time with Supervision</li> <li>• Reading simple books, Peek-a-boo</li> <li>• Singing nursery rhymes</li> <li>• Gentle massage</li> <li>• Holding and rocking</li> <li>• Stacking Blocks</li> </ul>	Attachment, sensory development, trust building
1–3 years	<ul style="list-style-type: none"> <li>• Stacking blocks</li> <li>• Reading simple picture books</li> <li>• Playing with soft toys</li> <li>• Dancing to music</li> <li>• Water or sand play</li> </ul>	Fine motor skills, language exposure, imitation, secure attachment
3–5 years	<ul style="list-style-type: none"> <li>• Role-play (e.g. tea parties, pretend cooking)</li> <li>• Drawing and colouring</li> <li>• Singing action songs (e.g. 'Heads Shoulders Knees and Toes')</li> <li>• Basic puzzles</li> <li>• Playing with puppets</li> </ul>	Imaginative play, communication, emotional expression, social skills
6–8 years	<ul style="list-style-type: none"> <li>• Board games with simple rules</li> <li>• Craft projects</li> <li>• Reading together</li> <li>• Playing with building sets (e.g. LEGO)</li> <li>• Nature walks with observation games</li> </ul>	Emotional regulation, problem solving, creativity, resilience
9–12 years	<ul style="list-style-type: none"> <li>• Strategy-based board games</li> <li>• Sports (e.g. ball games, frisbee)</li> <li>• Uno</li> <li>• Cooking simple recipes together</li> <li>• Story writing or journaling</li> <li>• Working on a shared hobby (e.g. painting, model building)</li> </ul>	Co-regulation, cooperation, confidence, trust building
13+ years (Teens)	<ul style="list-style-type: none"> <li>• Conversation-based games (e.g. 'Would You Rather?')</li> <li>• Playing card games</li> <li>• Cooking a meal together</li> </ul>	

Sharing music or playlists• Outdoor walks or sports eg. Fishing, Soccer

Trust, emotional safety, shared interests, open communication