

# A quick guide for parents on the developmental magic behind simple water play

## Fine Motor

- Grasping & Pouring: Holding and tipping a jug strengthens small muscles in the hands and wrists.
- Hand-Eye Coordination: Targeting where the water goes sharpens their visual-motor skills.



## Cognitive

- Cause & Effect: Pouring water helps toddlers understand what happens when they tip, spill, or fill.
- Problem Solving: They'll try different ways to pour, learning through trial and error.

## Gross Motor

- Lifting and Carrying: Picking up a full jug works the arms and core muscles.
- Balancing: Maneuvering with water challenges their sense of body control.

# Water Dispenser Play

## Sensory

- Tactile Feedback: The sensation of cool, splashing water helps develop touch processing.
- Heavy Work (Proprioception): The weight of the water jug provides calming, body-awareness input

## Language

- New Words: "Full," "pour," "splash," and more!
- Following Directions: Water play is a fun way to practice listening skills (find a yellow flower to water)

## Social-Emotional

- Independence: Pouring their own water boosts confidence and self-help skills.
- Sharing & Taking Turns: A great chance to practice playing cooperatively.

