

Healthy Parent, Healthy Baby: Make time to play together with **50 Things to Do Before You're Five**



Being a parent can sometimes feel busy and overwhelming, but it's often the simple moments of play and connection that matter most. And it's not just about your child, it's about you, too. Playing together can reduce stress, lift your mood, get you moving, and strengthen your bond with your little one. By making play part of your everyday routines, you're supporting your child's growth while also looking after your own wellbeing.

Baby Week UK 2025: Celebrating Early Childhood in Bradford and Beyond

This November, Baby Week UK is back! From 14th–20th November 2025, families, professionals, and communities across the country will join together to celebrate your child's first 1001 days (when they are 2yrs old!) The week will finish with special celebrations on World Children's Day.

Look out for events, activities, and workshops designed to inspire and support families near you (see babyweek.co.uk for details). It's a wonderful chance to meet other parents, discover new ideas, and access resources that can help your child, and you, to thrive. If your child is over 2, it's still worth looking as many events are for children up to preschool.



50 Things to Do Before You're Five

Baby Week is the perfect opportunity to explore 50 Things to Do Before You're Five. This free resource offers a list of fun, low-cost activities you can enjoy with your child. Each one is designed to spark curiosity, encourage play, build language, and support your child's development – while also giving parents moments of joy and connection. Here are five fun ideas to try...

Go on a Mini-Beast Hunt

Explore the garden or park and search for bugs. Your child learns to observe and explore, while you enjoy fresh air, gentle exercise, and the calming effects of nature.

Make Music Together

Pots, pans, or homemade shakers make great instruments. Children develop rhythm and creativity, while you get a joyful release of energy.

Jump in Puddles

After the rain, splash and play! Children strengthen muscles and coordination, while you share a carefree, playful moment.

Nature Art

Collect leaves, twigs, and flowers to make a collage. It's creative for children and a mindful, relaxing activity for you.

Storytelling with Toys

Use toys or everyday objects to invent stories together. Your child builds imagination and language, while you laugh, connect, and share special time.



Everyday play helps children thrive, and supports your wellbeing too. Whether you're splashing in puddles, making music, or telling stories, you're creating memories that build resilience, joy, and lifelong learning.

Would you be interested in sharing your story?

We'd love you hear about how playing with your child makes you feel!

Your reflections could inspire other parents, so please comment them on our socials.

