

Emotions are for everyone! Activities are for everyone! Colours are for everyone! Chores are for everyone! Occupations are for everyone!
All play is for everyone!

SOURCE: [LEVEL PLAYGROUND](#)

Tips for parents & carers: Play

Promoting gender equality in the early years

Why think about gender equality in play?

"While play helps children to try out and develop new skills, gender stereotypes can limit what new types of play they feel encouraged to try, and subsequently what skills and abilities they develop." ([Our Watch 2019](#))



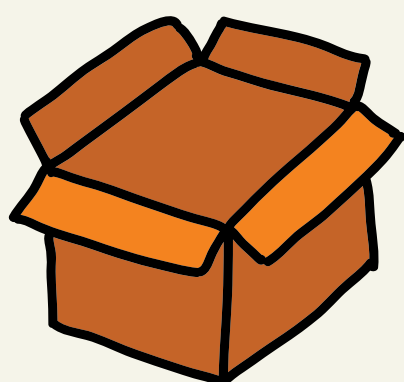
Encourage children to **play without being limited to traditional gender roles and ideas.**

Encourage children to **take part in all activities and use the different spaces equally** at home.

Toys don't have to be pink or blue. Even a cardboard box might do! Watch this short video [free time to play](#) by Raising Children Network.

Challenge gender stereotypes in everyday conversation, especially when describing occupations or animals. Read '[Child's play - 6 ways to challenge gender stereotypes](#)' by Our Watch 2019.

SOURCE: [WOMEN'S HEALTH EAST NO LIMITATIONS GUIDE 2017](#)



Resources:



[Checkout your local toy library & playgroup](#)

[Playgroup Victoria – Playgroup at Home and Activity sheets](#)

[Level Playground – Play](#)

[Level Playground - Factsheets](#)

[EACH – Health Promotion: Isolation Activities for kids](#)

[Raising children network - low-cost play ideas](#)

[Smiling Mind – Digital care packs for children](#)