

Play

“Toys are great, but the best toy in the world for me is...you! When you pull faces at me I copy you, and connections in my brain make links between the expression on my face and communicating. That will help me to understand feelings. As I get older, playing with me and helping me to play on my own or with other children builds connection in my brain that make it possible for me to think and plan, to make sense of the world around me, and to develop social skills.”

Some Suggestions

- Follow your child’s lead- if you join in their game, you are telling them that their ideas and decisions are important.
- Try to ensure you spend some time outside every day.
- Explore shapes, colours and textures with your child. You could look at pictures books together or make simple toys and pictures with pens, paper, fabric etc.

Remember

- Play works best when you are on the same level as your child- on the floor together, sitting together at a table etc.

