



PLAY
AS
we
GROW



Ten Top Tips for Tip Top Playing

- 1** Play Away! for 5 – 10 minutes every day – little and often is best.
- 2** Avoid distractions if you can! Put your phone/tablet/laptop to one side, turn off the TV or radio and focus entirely on your little one as you play together
- 3** Sit/be on the same level as your little one as they play, so that they can see your face
- 4** Let your little one lead the play. Watch how they play with a favourite toy, it's okay if it's not the 'right' way...let them show you a 'new way.'
- 5** Mirror (or copy) what they are doing. This is good for their developing attention and listening skills and helps them feel valued
- 6** Over and Over and Over again.... Your little one may want to return to the same toys or play experiences, so let them to do this as it's a chance to keep practicing and to gain confidence
- 7** Don't be tempted to ask too many questions, just play alongside your little one and let their chatter matter!
- 8** Anything can be anything! Saucepans, wooden spoons, colanders, socks and boxes are fascinating to our little ones - with a little imagination they can become anything!
- 9** You can easily play with no toys at all – try 'peek-a-boo' or some sensory play, splashing about in the bath with bubbles.
- 10** When is a chore not a bore? Going to the shops, putting the shopping away or even sorting the laundry can become fun when it's turned into a game

For more 'top tips' why not look out for our 'Chat As We Grow', 'Sing As We Grow' and 'Read As We Grow' leaflets?

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