



PLAY TIME

Ideas for playing with your children.

You are your child's first and favourite playmate.

When you play with our child you support his/her ability to learn, think, problem solve and explore.

Playing with your children strengthens your relationship with your children.

It is important to set aside time to play together, laugh, and enjoy each others company.

Why not Try:

Letting your child lead in the play.

Take a back seat and let the child tell you what they want you to do. Ask them what you should do next. This tells him/her that their ideas are good.

Bring yourself down to their level by playing on the floor right next to them.

This sends them the message that they are important to you.

Have Fun!!!