

Using

PLAY

Effectively



Play creates a **safe space** for your child to get **positive** attention.

It restores **good feelings** between you and your child.

Set a date with your child and brainstorm play ideas. **Keep the date.**

Your child's job: **take the lead.**

Your job: **participate** and **describe** what you see.

Be **present**, by...

... being **present**, without **judgement**

... putting away **distractions**

... being aware of your **senses**

... talking about what you are doing... but **not too much!**

You won't find the time so **MAKE** the **time**. Include play time in your schedule.

Set a timer!

Use their screen-based gaming as a stepping stone to non-screen activities.

Avoid **winner** and **loser** games.



Ease off the '**instructor**' pedal. Be an **actor** in the play not the **director**.

The goal of playing with your child...

... remembering what you **love** about each other!

