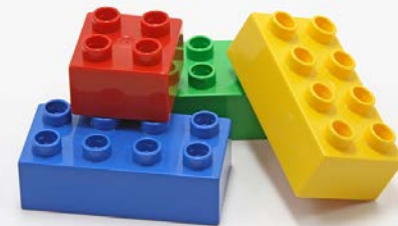


# How to Play with your child

Tracy Newman

Beaulieu Nursery School (BeNS)

3 August 2021





Parent-child pretend and physical play is linked with the child's

- creativity
- working memory
- gross motor skills
- cognitive flexibility
- emotional development
- regulation of emotions
- peer group leadership skills



# Playtime Do's and Don'ts

- Start with at least 5 - 10 minutes a day – every day.
- Increase time as you become more confident in YOUR play.
- Let play be led by your child.
- Imitate your child's play.
- Describe what your child is doing.
- Reflect your child's words and emotions.
- Don't try too hard! Relax and enjoy it!



# Ages 1 – 3 years

- Rough and tumble play
- Imitation games
- Puzzles
- Ball games
- Extending make believe play (road for a car)
- Arts and crafts
- Activities of daily living – play opportunities



# Ages 3 - 6 years

- Outdoor play
  - climbing trees or jungle gyms
- Fantasy play / make believe
  - negotiation
  - compromise
- Facilitate time with other children
  - older kids
- Dress up play
- Activities of daily living
- Shared interests – e.g.names of Paw Patrol characters



# Games and Play Activities

- Hide and Seek (in the dark with torches)
- Ball games – hitting, throwing, kicking, batting etc
- Paper aeroplanes – make them and race them
- Balloon play – blow them up, bat them around, let them go and catch them
- Collages and multimedia craft activities



# Games and Play Activities

- Puppet shows – create one for your kids and let them do the same
- Scavenger hunts
- Baking/cooking activities
- Water fights
- Cloud watch
- Bike rides / walks
- Camp – at home!



# Remember what your kids need



**connecting**



**talking**



**playing**




**How do we  do this?**  
**Serve and return**



**When do we do it?**  
**Early and often**





In closing, in the words of  
George Bernard Shaw....

**We don't stop playing because  
we grow old;  
We grow old because we stop  
playing.**