

Play!

Young children learn and develop through playing and exploring.

Through play- Children learn-

Physical skills- e.g. developing muscle strength

Social skills- e.g. building healthy relationships

Emotional skills- e.g. confidence/enjoyment

Communication- e.g. speaking/listening/attention



There are lots of different types of play-

Messy play- Sand/water/play dough/play foam

Pretend play- Acting out what they see e.g. feeding their toy dog

Outdoor play- running/jumping/riding a bike

Small world play- toy animals/cars/small people/trains

During play time with your child-

Watch them play- What are they doing?

Let your child lead the play and copy their play ideas.

Periods of silence are ok- this usually happens when your child is learning a new skill.

Play along, copy your child's sounds/actions, try not to be afraid of feeling silly!

Introduce a few new sounds or words each time.

Have fun. Play is a wonderful thing!