

MAKE PLAY THE PRIORITY

Part One: Motivation



Your challenge this week is to try and fit P.L.A.Y into your day.

Preparation

Children have short attention spans so when faced with a full day with a young child, have a few tricks up your sleeve. Choose 5 activities you know you can set up quickly with little prep for those moments when you're wondering what to do.

playPROMPTS are fab for this or scroll social media, remember the quicker and simpler the better!

Little bit everyday

You do not need to be playing all day everyday, that's just not realistic! But try to fit in short bursts of play at least once a day.

Break up your day with time outdoors, time in water, close contact time and then time for playing!

Attention

When you do find time to play, make it quality!

You need to give your child your full attention. Turn off the tv, put your phone to one side on silent, get down on their level so you are face to face and follow their lead. Copy how your child is playing.

You

You are your child's role model, so if you want play to be the priority in your home, you need to make play the priority! Pop it on your 'to do' list and try to find time to play. The language you use about play shows how you value so the dishes and emails can wait! Finally, your child is not going to judge you and your play ability so go ahead and be silly and enjoying with your child.