

MAKE PLAY THE PRIORITY

Part Two: Effective Play



Make sure you have already watched Part One of this course!

This week we are focusing on **effective play** and these are some things I would like you to consider when creating play opportunities for your young children this week...

1. Play does not have to be Pinterest worthy, the simpler the better!

The best play activities are those that are simple, messy and created by the children themselves.

Don't get upset when you set up an activity and it doesn't go to plan, they are still learning even though it's not what you intended. Try to go with the flow!

2. Play happens best when children have had their basic needs met.

When children have fed, slept and feel safe (know you're nearby) that's when they are able to fully concentrate and play effectively. This is often first thing in the morning or after their afternoon nap. Take advantage of this and try to squeeze your 5 minutes of play into this time.

3. The best type of play is **child initiated**-this means the idea has come from the child.

This should come naturally to children but sometimes they need help with this. Try setting up a simple activity following their interest and leave it out for them to discover for themselves. Alternatively, the Play Punks can help with this, as it is the character inviting the child to play rather than an adult! Head to the playHOORAY! website to check out the Play Punks!

4. When your child is playing, I invite you to try these things; sit back and supervise but without saying anything. Let them concentrate without asking questions. It is your role to minimise distractions, so turn off the TV and your phone. And finally, pile on the praise when they break off from their concentration!