

## Top Tips for Play

### Structured play

You will be the leader and teach your child to have control over their body.

Tips:

Keep activities positive

Give instructions using first / next / later

Give clear and simple instructions, eg. First touch your nose

Avoid bribes and consequences



### Nurturing play

This helps a child to feel safe and loved.

Tips:

Remember to take care of yourself

Daily tasks show care, eg. Providing meals, tending to a cut or bump, etc.

Talk about what your child needs, eg. "It's a chilly day. Let's put our coats on."

Your child closes their eyes and holds out a hand. Can your child guess if you touched their hand with a cotton wool ball, feather or pompom?

Use fingers, hands and feet to paint then gently wash



### Challenging play

This helps a child to try new experiences and build confidence.

Tips:

Celebrate small successes

Think about what your child can do and add a little extra step

Try to keep a balloon up in air using different body parts,



## Engaging play

You and your child will develop your emotional connection.

Tips:

Notice things about your child, eg. Touch and count freckles, talk about your child's personality, etc.

Avoid tickling

Have a special handshake or greeting that the family uses



## Balloon squeeze

You need:

Balloons

Objects to put in the balloon

What to do:

Put the objects into the balloon then tie the balloon

Ideas for play:

Explore what you can do with the balloons, eg. Roll, poke, pat, flatten, squeeze, etc.

Talk about what makes you feel angry



## Playdough

You need:

2 cups of water

2 cups of flour

1 cup of salt

2 tablespoons of oil

Some powder paint or food colouring

What to do:

Mix the ingredients together

Ideas for play:

Use a large tray and push objects into the playdough, eg. Beads, cotton reels, shells,



## **Rice**

You need:

- Rice
- Freezer or zip bags
- Trays
- Paint

What to do:

- Put rice and paint into each bag.
- Shake the bag until the rice is covered with paint.
- Put the rice on a tray to dry.

Ideas for play:

- Use with tipper trucks or pots and pans



## **Nature freeze**

You need:

- Water
- Container or ice-cube tray
- Found objects, eg. Leaves, grass or flowers
- Freezer

What to do:

- Go on a nature hunt and collect leaves, grass and flowers
- Put the objects in a container or ice cube tray
- Add water and freeze



## **Water**

You need:

- Water
- Bottles or containers
- Large tray / cups / bowls

What to do:

- Fill a large tray or bowl with water
- Make the water even more exciting – add food colouring, water, glitter, paint or washing up liquid

Ideas for play





## Useful resources

<https://www.communityplaythings.co.uk/learning-library/blog>

<https://hungrylittleminds.campaign.gov.uk/>

<https://www.bbc.co.uk/tiny-happy-people>

[https://www.outoftheark.co.uk/ootam-at-home/?utm\\_source=homepage&utm\\_campaign=ootamathome2&utm\\_medium=banner](https://www.outoftheark.co.uk/ootam-at-home/?utm_source=homepage&utm_campaign=ootamathome2&utm_medium=banner)

<https://www.nurseryrhymes.org/fingerplay.html>

<https://www.playideas.com/25-precious-handprint-crafts-for->

