

Giving your child the fullest benefits of Play

What to do in the moment

Don't interrupt

Wait and observe, only join when invited

17 second strategy

Give children time to problem solve on their own

Be a learning ally

Let your child follow their play needs

Redirect only when needed

Offer a safe space for play

Give your child safety in terms of the play space or a secure base (your lap) to get started

Don't say 'be careful'

Help them problem solve or offer tips to build physical skills

"What is your plan to get down?"

"If you fall, go floppy and roll"

Don't let your fears become their fears

The benefits of play far outweigh the risks