

Session 2 Home Activity - The value of positive attention through play

It has been proved that children get certain unique benefits from adult/child play during play adults can help children learn conflict resolution, improve problem solving, improve their vocabulary and language skills, become more creative, develop better self-esteem and have few behaviour issues. Studies have demonstrated that children have few behaviour problems if parents or other adults engage in make believe play with them when they are young. Very few adults have been taught the skills of how to play with children or understand the benefits it can bring to them and their child. It is important that adults encourage children to engage in all types of play and to participate themselves. Playing with your child is a great opportunity to give them valuable positive attention which will strengthen your relationship here are a few suggestions to try.

Play for 10 minutes each day with your child doing a learning activity such as:

1. Playing a game
2. Colouring or Painting together
3. Playing with a some toys like Lego, Bricks, Trains, Dolls or Dressing up
4. Cooking or baking together
5. Go to the park to play together

Let the child be the boss, you follow the child, encourage their imagination answer their questions and Praise their efforts, tell them you had fun.

Activities for older Children

1. Playing hairdressers or do make-overs
2. Playing the Switch/Xbox/Kinect if you have one
3. Walking the dog
4. Do a Makeover
5. Go to a football match