

*Practical ways to play with
your child.*

January 17th 2018





The British School of Beijing, Shunyi

Practical ways to play with your child.

Today we will cover.

- Why should we play with our children.
- How to start to play with your child.
- Some practical ideas of how you can play with your child.
- Resources for inspiration.

Practical ways to play with your child.

Why should we play with our children.

- Playtime is special and it is fun.
- It is critical to your child's development.
- It is their way of learning about the world around them.
- Through play our children try out new skills, explore their imagination and creativity, and learn about relationships with other people.
- Play can offer multiple opportunities to learn and practise and develop new skills.
- Remember you are your child's number one play mate. They have watched and listened to you from birth as you talk, sing and interact with them.



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How to start to play with your child.

- Make sure the area is child-friendly.
- Follow your child's lead when you give them a new toy to play with.
- Try not to do it for them.
- Observe your child as they play. As the adult need to look for the signs as they are playing, for example if they become frustrated then step in and either support them, change the activity and maybe re direct them to something else.
- To master new skills children need to practise., remember repetition plays an important part in your child's development.



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How to incorporate play into everyday activities.

- We need to try to put some fun into every day routines.
- Sing songs in the car on the way to school.
- Make up stories as you are out and about.
- Instead of walking to the car can they hop, or skip or jump?
- Bath time can be so much fun.
- Older children can help to cook, weighing ingredients and reading instructions.
- Remember to put your phones, tablets and lap tops away.

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Practical ideas for you to use at home.

- Spend time organising your children's toys into containers / trays that are easy for them to find and see what they have. It will also make tidy up time easier. If you do this you can also swop out boxes of toys, they don't need to have everything out all of the time. Older children can be involved in this activity and even help to make labels for the boxes.



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Practical ideas for you to use at home.

- Children like to play with real objects, so let them have pots and pans from the kitchen and an old mobile phone to play with. Our everyday items are fascinating to children and interacting with them teaches about the world.



- The best way to start play is to get physical. When your three-year-old comes up to you and roars like a dinosaur, pretend to be a dinosaur and move around with big noisy steps.

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Practical ideas for you to use at home.

- Think about the toys you give your child to play with which could encourage open ended play. A large wooden box could be so many different things, a cave, a stage, a garage, a space rocket but a plastic garage can only be a garage.



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Practical ideas for you to use at home.

- Add different toys to your boxes of sorted toys. Put the small cars in the sand tray or add small plastic people to the play dough box.



- Provide your children with some materials that they can build and make their own obstacle course to get some big physical play. You can also join in and have some fun crawling under the big sheets and jumping over the boxes.



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Practical ideas to use at home.

- Get down to their level. If any of you have been in the classroom with me I spend half my time on the floor with the children at their level.



- Make collections of different objects to add to your children's toys. Food jars, washed empty yoghurt pots, shells and rocks are wonderful collectables. Children can practice stacking, categorising and sorting and these are all useful pre-maths skills.



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Practical ideas for you to use at home.

- Change where you are playing, have a picnic in the bed room for all the soft toys, make a cave under the kitchen table, take a walk to the end of the road and see how many red cars you can see.



- Use your voice in different ways when talking to your child, sing instructions (all our transitional instructions are sung to the children). Try using a very quiet voice or a squeaky voice.

Practical ideas to play with your child

Useful sites

- Pinterest
- Jamie Reimer - <https://handsonaswegrow.com/new/>

Thank you for coming and remember enjoy the opportunities and time to play with your child, soon they will be too big and it won't be cool to play with mummy and daddy.

The next work shop in on Tuesday 30th January and is Maths workshop.



Thank you.