

ABC Conversations on: playing

Welcome

Making the most of spending time with the family is always precious. In the early years, children are undergoing heaps of growth and development and playing can aid this significantly. What you do in this time is what really counts. So, don't worry... learning to play again and be carefree can be fun for you too, regardless of your age or experience with children.



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Acknowledge

- Give your undivided attention
- Shed any inhibitions and get to grips with playing as it helps your child learn vital new skills, gain knowledge, explore their abilities and develop in so many ways
- Get down to their level
- Playing does wonders for early childhood education and gives a good foundation for learning

Boost

- Children thrive on play, plus it's a great way of bonding and interacting
- Playing doesn't have to be hard work. Make it what you want it to be – or how your child wants it
- Smiling and laughing are all very simple, but is still playing
- Colouring in books, playing Peek-a-Boo or kicking a ball on the wall are inexpensive but entertaining

Conversation

- Use opportunities to talk, be descriptive and create a new game
- Interaction aids the bonding process
- Play has vital early educational benefits too such as:
 - Encourages communication
 - Increases the knowledge of language
 - Helps with confidence and wellbeing
- Keep it simple and repetitive
- Add colours, shapes, numbers and texture
- Introduce challenging play to stimulate motor skills, balance and coordination