

Daily Play

Playing together is a great way to spend enjoyable time with your child and learn about what he or she likes to do. Set aside 5 to 10 minutes each day to play with your child. Try to pick a time when there won't be too many distractions. Let your child choose some toys that you can explore together.

Follow Your Child's Lead.

Wait, watch, listen.

Let your child guide your play together.

"I see that you are playing with the trains! I will play with the trains too."

Describe.

Without asking questions, state what your child is doing.

"I see you drawing a butterfly with blue wings!"

"It looks like you feel excited about building with your Legos!"

Praise.

Try to praise your child at least once each minute during family playtime.

"That was such a nice way to hand me the blue crayon."

Redirect to a different behavior.

For a behavior that is not ideal (but not a deal-breaker).

"Coloring on the coffee table can ruin it. Let's color on this paper instead."