

## Playing and Talking Together

- ☺ Try not to be too 'bossy' during play or to put pressure on her to choose a toy or activity which *you* prefer. Let *her* choose the activity, and how she wants to play, helping her only if she needs it. Follow her lead and don't worry if she doesn't seem very interested in what you are doing - just play alongside her.
- ☺ If there is a toy, game or activity that your child particularly enjoys, you may find that he wants to do it with you over and over again! Young children enjoy repetition and will learn quickly as a result - particularly if you use the same words and phrases over and over again during the activity
- ☺ Playing with your child is the very best way to introduce her to new skills and you don't need 'educational' toys to do this. She will learn more if she is having fun without pressure.



### Speech and Language Therapy Services

Monarch House  
Queensway Industrial Estate  
Off Arkwright Way  
Scunthorpe  
DN16 1AL  
[www.nlpct.nhs.uk/speech/](http://www.nlpct.nhs.uk/speech/)  
Tel (01724) 203755  
Fax (01724) 857887



Play is the very best way for your child to learn about the world around him. It encourages the development of language and learning, imagination, concentration, social interaction and a host of other vital skills; it is also a great way to have fun together!

- ☺ Try to spend some time each day playing with your child. The ability to play doesn't always "come naturally" - most babies and children need someone to help them discover what to do with the toys around them.

- ☺ Your child will find it difficult to concentrate on more than one thing at once. Turn off the TV and try to have no more than a few toys out at one time so that he's not distracted by background noise or lots of clutter. Keeping some toys hidden away also means that he will be more interested in them when they are brought out another time.
- ☺ Good toys and play activities include
  - \* Shape sorters
  - \* Form-board jigsaws
  - \* Farm sets
  - \* Dolls house sets
  - \* Garage and cars
  - \* Train sets
  - \* Make believe play with dolls and teddies
  - \* Turn taking games (e.g. 'lotto' or 'pairs')
  - \* Looking at books
  - \* Rhymes and songs

It is harder to interact with your child during, say, 'rough and tumble' or outdoor play

- ☺ Don't be tempted to bombard her with speech whilst she is busy playing - you may be encouraging her to 'block you out' by doing this, which doesn't help her to develop good listening and attention skills. When she's ready to interact with you she *will* let you know (e.g. by looking at you, showing you something, touching you etc). Respond to her by commenting on her play using simple language and try not to ask lots of questions such as "**What are you doing?**" She may find these difficult to answer.
- ☺ Don't be afraid of silence whilst you play together. If he's busy, he's not listening anyway and too much of *your* talking means less chance for *him!*

