

Speech and Language Therapy

Playfulness

Lesson 1 of 14 on Emotional Regulation and Self Esteem

Emma Jones



Special Time

You can choose a game or activity

Adult follows the **your lead**

Golden Rules:

- Somewhere **quiet** with no distractions
- Adult gets down to the **child's level**
- No more than **5 minutes**



Getting the most out of play time!

Stop, Look and Listen

What are they focused on, interested in and/or telling you?

(With their facial expression, body and nonverbal communication)

Respond

Respond to any messages your child is trying to make (e.g. I like / I want / I don't like this).

Follow the child's lead.

Waiting!

Wait for any lead from the child.

Wait 1 ½ -2 times your usual waiting time.

Listen to messages your child is trying to convey (With their facial expression, body and nonverbal communication)

Join in

Get down to the child's level, face-to-face and find a way to **playfully join in**.

Try and **copy** whatever the child does with the toy.

Then **wait, observe** copy again to start building turns

