

Speech and Language Therapy

# **Playfulness**

## **Lesson 1 of 14 on Emotional Regulation and Self Esteem**

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# 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

