

Choosing appropriate activities for my under 5 child

- Find out what your child is capable of doing at each age and developmental stage; use this as your guide.
- Think broad not one type of play exclusively but a regular range
- Push your limits
- Push their limits
- Include them in day to day tasks
- Appreciate the value of open ended play and process play for developing creativity
- Find new ideas
- Remember things that work and those that don't
- Kids need to move and be active- some more than others.
- Be safe and appropriate in your choices.
- Talk to others about your play problems
- Plan activities to be flexible. Random directions are often a lot of fun
- Respond to their interests.
- Substitute and redirect are your friends learn to use them well
- Allow for roadblocks and meltdowns. Regroup and shelve for a time
- Cultivate curiosity with new ideas
- Play is fun. It's not school.

- Keep an eye on the time; short and sweet, sprinkle a few longer projects as they are developmental able to keep going.
- Embrace routine around predictable events
- Good toys have more than one way to play with them.
- Support your child in friction between finding a task difficult and mastery
- Toys need to be motivating.
- Choose toys and opportunities to repeat the same skills in different and interesting ways.
- Allow time to respond.
- Listen to Parents Journal and Raising Playful Tots for information and ideas on appropriate play
- Beware of intervening too much
- Embrace messy play with preparation and enthusiasm
- Set your expectations high and be reasonable; often these two things don't match.
- Simplify :: Be present :: notice
- Active and engaging play is not the same as passive entertainment: both have very different results

from: Play-Activities.com/31days Melitsa Avila

Copyright 2012 | Play Activities | All rights reserved