

MAKING FRIENDS, LEARNING TO PLAY COOPERATIVELY AND BUILDING CONCEPTS

Play Idea

How does it help my child?

Finger painting



Crayons



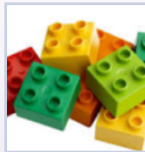
Helping my child develop prewriting skills

- Using crayons to develop pencil grasp
- Practicing prewriting: lines and circles
- Finger painting helps coordinate hands and eyes Note: may be easier to use larger sized crayons

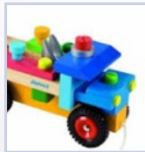
Dressing-up



Duplo



Building set



Helping my child develop creativity and imagination

- Playing shops, selling fruit, dressing-up, etc
- Building and copying structures with blocks and bricks
- Making things with boxes; e.g doll's house, shop, fortress

Picture matching and Snap Cards



Helping my child understand colours and shapes

- Matching pictures: introduces competitive game playing by matching shapes, colours and pictures
- Grouping objects: fruits, shapes, colours, etc
- Playing memory games: pick 3 items, let your child have a look and then cover them with a blanket; remove one and let your child guess which item is missing.

Books



Helping my child build vocabulary

- Going through books looking at pictures
- Reading the story together using the pictures as a guide
- Talking in past and future tense to build vocabulary, creativity and logical ordering of events; E.g what happened yesterday? What is going to happen tomorrow? Where are we going this afternoon?

Musical games



Helping my child learn through music

- Playing "Freeze" and other fun musical games.
 - Providing opportunities to listen and follow directions, while teaching about words and sounds.
- Note: You can add musical instruments too

Did you know? Usually, children of this age are interested in playing with other children, as they learn to share and resolve conflicts. Also, they may learn new skills by watching others





A better start for babies



Helping my child learn through play: 24 to 36 months old

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Building skills

Playing with others



Include other children in play activities to increase social skills and language development.

Building with blocks



Practice following instructions, fine motor skills, hand-eye coordination. Children will begin to stack them by size, colour or shape.

Drawing and prewriting



Practising prewriting skills. Can begin with chalk in the garden. Tracing around hands and feet.

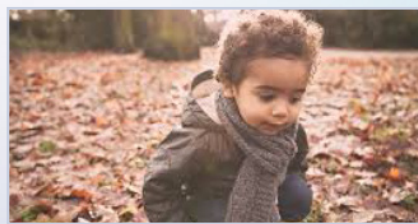
Remember the importance of ...

Imaginary Play



Encourage playing house, doctor, dressing-up games with hats, capes, dresses or make a believe tea party. Promotes creativity in play

Obstacle courses and outside play



Cut out circles and place on floor, suggesting children hop from circle to circle. Set up activities that include running, crawling and hopping to get the 'treasure' at the end.

Social Emotional Growth



Help children to name and understand their feelings and choose friendly interactive ways to be with friends and family. Have fun together!

Keeping your baby safe...

Be there for your child



Children at this age are explorers! They do not always understand danger. Supervision is important.

Home Safety



Keep household chemicals, medicines and all dangerous objects out of reach. Be particularly careful in the kitchen to prevent burns and accidents.

Continue to limit screen time



Children learn by doing. Watching television decreases play time and may impact on learning.

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Play is how a child learns. This leaflet was created to provide ideas for activities which can support development of language, cognition and motor skills. The focus is not on specific brands of toys and this is not an extensive list. Development varies from child to child and if you have any concerns about your child speak to your GP or health visitor.

© 2018 by B. Hutchon and S. Powell –Paediatric Occupational Therapy Dept. Royal Free London with Dr. A. Fernandez-Neonatalogist San Jose Hospital, Chile. Our deepest thanks to the many parents and colleagues who contributed to this leaflet.

