

Do you want to help your child sleep?

Do you want to help your child's creativity and imagination?

Do you want to help your child play on their own?

Do you want to settle difficult behaviours?



Do you have 15 minutes for your child?

### Why?

Research has shown that adults who can play with their child for at least 15 minutes and day benefit by:

- Enjoying their child more.
- Can settle difficult behaviours.
- Helps stimulates creativity and imagination.
- Their child can play better on their own at other times.
- Can help child sleep better.

### What is child led play?

This means letting your child *lead* the play.

The adult can *state* what they *see* but does not ask lots of questions.

Adult sits at the child's level or on the floor.

Adult focus's only on the child - one activity only.

Watch the clip below to find out more: <http://vimeo.com/6016065>

### How?

1. Choose a toy or special box of toys for your child to play with.
2. Plan a quiet time of the day when you or your child is not tired or hungry or you will be interrupted.
3. Turn off the TV, phones and computers.
4. Set a timer for 15 minutes.
5. Sit on the floor or at your child's level.
6. Watch and listen - name if you want to ' you have picked up a red car and now a blue car'.