



# "SPECIAL PLAY TIME" PARENT GUIDE

TOYS ARE VOCABULARY, PLAY IS LANGUAGE.



## 1. WHAT IS "SPECIAL PLAY TIME"?

- 15-20 MINUTES PER WEEK, 1-2 TIMES.
- CHILD IS "DIRECTOR," PARENT IS "FOLLOWER."
- BUILD SELF-ESTEEM, RELIEVE ANXIETY, DEEPEN PARENT-CHILD BOND.



## 2. YOUR "PLAY TOOLKIT"

IMAGINATION IS KEY:

- CREATIVE: Playdough, LEGO
- NURTURING: Dolls, Medical kit
- EXPRESSIVE: Animal models
- EXPRESSIVE: Animal models, Puppets, Foam swords
- LIFE: Toy phone, Kitchen
- PITFALLS TO AVOID: ELECTRIC TOYS WITH TEACHING FUNCTIONS.

## 3. THE GUIDE TO MASTERY: PRIDE SKILLS

P  
R  
I  
D  
E



PRAISE  
Specific effort praise



REFLECT  
Repeat what the child says



IMITATE  
Imitate their actions



DESCRIBE  
Describe like a sports commentator



ENJOY  
Be enthusiastic and present



## 4. THE 3 "NOS"

- QUESTIONING: DO NOT ASK "WHAT IS THIS?"
- COMMANDING: DO NOT SAY "PUT IT HERE," LET THEM DIRECT.
- TEACHING: THIS IS NOT THE TIME FOR COLORS OR SHAPES, FOCUS ON CONNECTION.

## 5. SETTING LIMITS

(ACT PRINCIPLE)

- ACKNOWLEDGE FEELINGS: "I KNOW YOU ARE VERY ANGRY."
- COMMUNICATE THE LIMIT: "BUT TOYS ARE NOT FOR THROWING."
- TARGET ALTERNATIVES: "YOU CAN THROW SOFT PILLOWS."



## THIS WEEK'S SPECIAL PLAY PLAN

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ LOCATION: \_\_\_\_\_  
(QUIET & UNINTERRUPTED)

