



Strengthening relationships through play

Play is one of the best ways to build and strengthen the relationship between you and your child.

- Describe out loud what your child is doing
- Identify and say out loud what feelings your child is expressing either directly by child or indirectly through their play with the toys.

Describe what is happening in play

Describe your child's play activities

"You drew a happy face"
"You're putting those two together"
"Now you are going to use that box"
"Now you're putting her in the car"
"You put him right in the bed"
"You're making a tall tower"
"You're the doctor now"
"You made her spin round and round"
"You're filling that all the way to the top"
"You've got them all lined up just how you want them"
"That one just crashed right into the other one"
"That one is sure making lots of noise"
"You're trying to fit that piece in there"
"You have put red and blue together"
"That looks very squishy"



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Identifying feelings expressed by your child

Watch your child's face and body language and acknowledge your child's feelings...

"That makes you happy"
"You like how that feels"
"That kind of surprised you"
"That's frustrating when it won't fit"
"It looks like you're excited to see that"
"You're really angry about that"
"You're proud of your painting"
"You like how you look with that hat on"
"You really wish we could play longer"
"You don't like the way that turned out"
"You're sad that it fell over"



When your child is expressing feelings indirectly through toys..

"That puppet is feeling silly today"
"That soldier is really angry with the other soldier"
"That little kitten looks scared of the big tiger"
"That mummy is very sad that her baby is sick"
"That looks like a scary place they are going to"
"The dog family loves to be together and have fun"