

# Playing with your child

Tips for children aged 2  
to 4 years



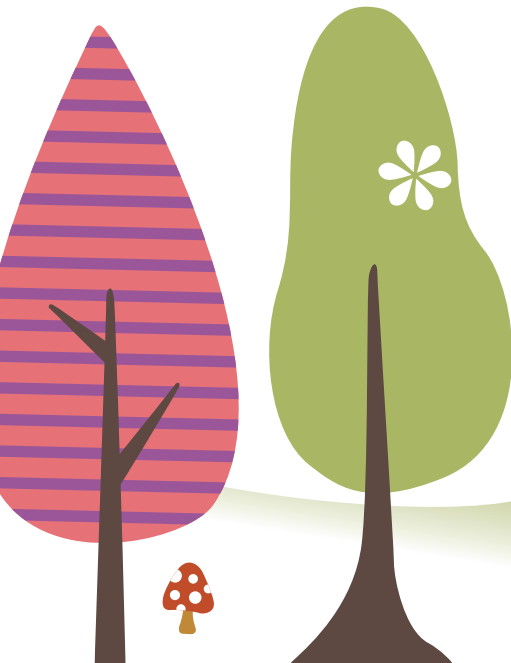
**Sure Start  
Children's Centres**  
Worcestershire

Find out more online:  
[www.worcestershire.gov.uk/childrenscentres](http://www.worcestershire.gov.uk/childrenscentres)



## Why play with your child?

- Develops concentration skills
- Develops early learning skills
- Promotes bonding
- Develops social skills such as turn taking
- Meets child's need for attention
- Develops language skills
- Develops imaginative skills
- Its fun!



## How can I play with them?

### Talking and listening with your child:

- Provide a commentary on the activities that you and your child are taking part in
- Ask questions related to their play/ activities
- Read with your child or just share books
- Make up plays together or re-enact stories or rhymes
- Make sure your child has the chance to finish what they want to say.

### Things you can make and do with your child:

- Cooking
- Playdough
- Paper mache
- Snowflakes
- Junk modelling
- Puppets.

### Physical play with your child:

- Building dens
- Obstacle courses
- Treasure hunts
- Bike/scooter rides
- Hide and seek
- Ball games.

## Top tips for play

- Let your child lead the play – allow your child to choose the role that you take.
- Wherever possible make the play as practical as you can.
- Make sure that you keep the communication going between whoever is involved, such as running commentaries/asking questions.
- Be spontaneous – take advantage of things that are happening around you such as snow (sledging) or sun (paddling pools).
- Join in with their play – if they are building something ask if you can join in but sometimes they may want to play alone.
- Let them decide when they have finished an artistic creation – don't make lots of suggestions about how it could look better - it's the process that counts!
- Enjoy the experience – if you are relaxed they are more likely to be relaxed too!
- Encourage them to problem solve – don't provide all the answers for them.
- There should be a balance between your child playing on their own and you joining in.
- Physical play can be inside as well as outside.
- Play doesn't have to cost lots of money.

## Examples of play

### Physical:

- Rough and tumble
- Going to the park
- Cycling/scooters/skates
- Dancing
- Action songs
- Making dens (inside as well as out)
- Paint brush and water
- Construction toys
- Supastrikers.

### Intellectual:

- Jigsaw puzzles
- Music play
- Mark making
- Collecting things
- Cutting and sticking
- Shape sorting
- Board games.

### Emotional:

- Laughing
- Sharing a book
- Stories and rhymes
- Singing
- Role play
- Gardening.

### Social:

- Board games
- Team games
- Role play (shops/doctors)
- Junk modelling
- Playing cars
- Cooking
- Puppet shows
- Sand and water play.



For more information contact the children's centres team:

**By telephone:** 01905 765367

**By post:**

Worcestershire County Council  
Wildwood  
Wildwood Drive  
Worcester  
WR5 2NP

**By email:**

[childrenscentresteam@worcestershire.gov.uk](mailto:childrenscentresteam@worcestershire.gov.uk)

**Online:**

[www.worcestershire.gov.uk/childrenscentres](http://www.worcestershire.gov.uk/childrenscentres)



This publication can be made available in other languages and alternative formats (including large print, audio tape, computer disc and Braille) on request from the Marketing Team on telephone number 01905 765915 or by emailing [cmetcalf@worcestershire.gov.uk](mailto:cmetcalf@worcestershire.gov.uk)

To the best of our knowledge all information was correct at the time of printing: March 2010

Find out more online:  
[www.worcestershire.gov.uk/childrenscentres](http://www.worcestershire.gov.uk/childrenscentres)