





Noah's Inclusion Services




CHILD'S GAME

One of the things children really need is for their parents to be there for them. A good relationship with a parent is vital for a child's development. If they don't have that assurance, they can feel insecure and left out. If they feel desperate enough, they may start to misbehave because they don't know any other way to get close to you.

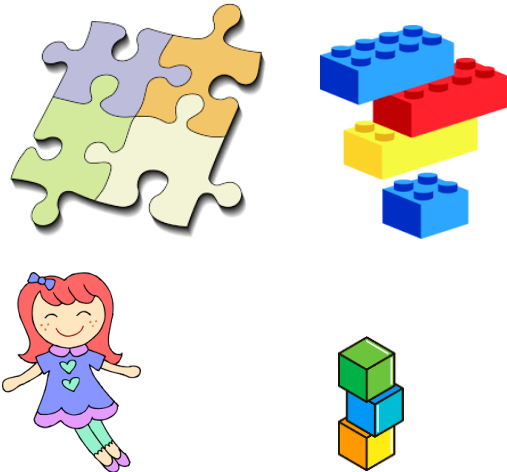
A good relationship with a parent avoids this vicious circle. It also helps children's mental development towards mature thinking and behaviour. So working on having good times together is not just fun for both of you, it helps your child's brain to grow to be able to use self control and work things out for themselves.

Child's Game helps develop that good relationship by creating space for good times together at home. It also develops your attending skills so you can notice your child's desirable behaviours and increase them with praise. It helps your child learn to want to please you by showing them what behaviours do please you. It shows your child a better way to be close to you than misbehaving to get your attention. This can be used to change the child's problem behaviours in the next stage of the program.

How to play a child's game.	
Choose a time and place where you can give your undivided attention to your child without interruptions, and where you don't have to worry about safety issues.	
How/What?	
Allow your child to choose what to do. Do not introduce anything new into the play. If your child wants to change activities, that's O.K., but do not change the activity yourself.	
How/What?	
Follow what your child does. Watch with interest and describe enthusiastically what's happening. <u>Give a running commentary on your child's activity.</u>	
How/What?	
If your child does something good – being creative, or skilful, or careful, or kind etc. – let him or her know you value that behaviour by praising it.	

How/What?	
Participate in your child's play by handing him or her materials or taking a turn.	
How/What?	
You can also participate by imitating what your child is doing. Remember that your child's activity is to be the centre of your attention, so continue to describe what your child is doing while working on your own activity.	
How/What?	
Be careful not to begin organising the activity yourself. Do not ask any questions, give any instructions, teach anything to your child, or test your child's knowledge. These interrupt and/or organise your child's play.	

Suggested Toys for Child's Game

<p>Creative toys that encourage quiet play like:</p> <ul style="list-style-type: none"> Building blocks Toy cars, trucks etc Construction sets Lego or Duplo Magnetic blocks Constructo-Straws Mr Potato-Head Jigsaw puzzles Dolls and dress up clothes. Doll house with miniature people Farm set with animals Crayons and paper 	
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Toys to Avoid During Child's Game

- Ones that encourage rough play like bats, balls, boxing gloves, punching bags.
- Ones that lead to aggressive play like toy guns, toy swords, toy cowboys and Indians, toy soldiers, superhero figures like transformers or power rangers.
- Ones that could get out of hand and require limit setting like paints, scissors, play dough.
- Ones that have pre-set rules like board games, card games.
- Ones that discourage conversation like books or video games

Homework

Play *Child's Game* with your child for one 10-15 minute period each day. It may be helpful to set a fixed time so you remember to do it. Make a record of each play session on the record sheet.

These 10 to 15 minutes are for you to practise attending skills. It will also be "quality time" for your child, who will have your complete attention. This will be something your child will come to look forward to, and so help your child to want to please you. We will be building on this in the next stage of the program.

Although *Child's Game* is a practice time, attending is a skill you can use throughout the day with your child to encourage desirable behaviour.