


# Noah's Inclusion Services

## Play

What?	Why?	
<p>Playing with your kids</p>	<ul style="list-style-type: none"> <li>• Is how they learn, develop skills and become smart.</li> <li>• Is the way to increase your child's talking?</li> <li>• Will help prevent behaviour problems.</li> <li>• Helps form a great bond with your child which will last a lifetime.</li> <li>• When they are little, play helps set up good patterns, so that when your child is a teenager you will have a better relationship with them (if you don't start now, it won't happen later)</li> <li>•</li> </ul>	
What?	Why?	
<p>Play ideas</p>	<ul style="list-style-type: none"> <li>• Spend time talking, singing, reading, playing and loving your child every day.</li> <li>• Enjoy cuddles, laugh and have fun, this will help to increase your child's brain.</li> <li>• You don't need expensive toys, playing in the sand with buckets provides hours of fun.</li> <li>• When you are out and about, talking to your children about where you are going, what you can see, ask questions to see what they think about things, etc.</li> <li>• Little and often is better than one long session.</li> <li>• When they are young (under 5) try to meet their needs as soon as possible, e.g. If they need help you are better to stop what you are doing (washing up) and help them rather than telling them to wait</li> <li>• Try to answer their questions accurately, rather than saying 'because I said'</li> </ul>	