

TIPS

TO ENABLE SCREEN-FREE PLAY WHILST YOU WORK FROM HOME

1 COME UP WITH IDEAS WITH YOUR CHILDREN TO CREATE A 'PLAY MENU' - THE MENU SHOULD CONSIST OF A RANGE OF PLAY ACTIVITIES AND TOYS YOUR CHILDREN ARE INTERESTED IN. PLACE THE MENU IN AN ACCESSIBLE POSITION FOR THEM TO REFER TO SO THEY CAN GET PLAY IDEAS FROM THE MENU RATHER THAN DISTURB YOU WHILST YOU ARE WORKING FROM HOME.

2 CONSIDER SOLO AND JOINT PLAY ACTIVITIES (WITH SIBLINGS OR PARENTS WHEN NOT WORKING) AND TOYS WHICH REQUIRE IMAGINATION OR TAKE TIME TO CREATE OR BUILD E.G. A MODEL, CRAFTS, PAINTING, DRAWING, CONSTRUCTION TOYS, CREATE THEIR OWN STORY, BOARD GAMES.

3 WHILE YOU CAN BE YOUR CHILD'S 'ENABLER', MAKING IT POSSIBLE FOR THEM TO PLAY, PARENTS SHOULDN'T FEEL AS IF THEY MUST BE THEIR CHILDREN'S ENTERTAINER. THERE ARE TIMES WHEN WE MUST ACCEPT OUR CHILD'S BOREDOM, WE SHOULDN'T ALWAYS TRY TO 'SOLVE' IT FOR THEM. BOREDOM IS BOTH INEVITABLE AND NECESSARY FOR CHILD DEVELOPMENT AND STIMULATES CHILDREN'S IMAGINATION AND CREATIVITY TO THINK OF PLAY IDEAS BY THEMSELVES.

OCCASIONALLY INTRODUCE NEW ACTIVITIES AND TOYS TO KEEP THEIR INTEREST UP!

