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| Date | Tweet |
| 30/3/2020 | *East Renfrewshire Council’s Let’s Play programme was developed in response to parents asking for more ideas to help them build on their existing knowledge on the benefits of play. Parents asked us for tips about how to create more meaningful opportunities to play in their homes and within their community.**During this current situation we thought it might be helpful to share some of the key messages from this programme.  We will post a little bit each day so look out for this logo(insert logo) for some daily tips and hints from ERC Let’s Play!* |
| 31/3/2020 | You will have more energy to take care of your children if you take care of your own wellbeing. Set aside some time in your day to recharge. Chat on the phone. Read. Have a bath. Go for a walk if you can. Look after you. https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/less-stress-in-60-seconds |
| 1/4/2020 | Try to keep to simple routines so that children know what to expect. Encourage children to help design your daily family routine. Build quality play times into your routine so that children are clear what to expect. Remember, build in time for yourself too!<https://www.parentclub.scot/articles/staying-at-home-with-children> |
| 2/4/2020 | Follow your child’s lead in play! Follow their interests, play with the same materials and try your best not to take over. Good eye contact and getting down to their level shows them that you are there for them, interested and ready to listen. [http://www.hanen.org/Helpful-Info/Articles/Toys-that-kick-start-the-imagination!.aspx](http://www.hanen.org/Helpful-Info/Articles/Toys-that-kick-start-the-imagination%21.aspx) |
| 3/4/2020 | ‘When playing with children , **particularly young children**, commenting on what you see rather than asking **too many** questions shows them that you are really interested and paying attention. This really does work – try it! (E.g. “You’ve worked so hard on that. I love the colours you’ve used!”) <http://www.hanen.org/Common-Questions-about-Questions.aspx> |
| 6/4/2020 | When we notice and comment on what our children are doing when they are playing well, they realise that they will get positive attention when they are behaving appropriately, rather than when they are not. <https://www.parentclub.scot/articles/building-a-rewarding-relationship-with-your-child> |
| 7/4/2020 | Play materials which are common household objects are just as educational and can actually be more fun and helpful for promoting imagination and creativity than expensive toys from shops. <https://www.playscotland.org/parents-families/loose-parts-play/> |
| 8/4/2020 | It’s never too late to develop your playful, humorous side. You can reclaim your inner child by setting aside *regular, quality* *playtime*. The more you play, joke, and laugh—the easier it becomes. <https://www.playscotland.org/parents-families/> |