

Create own 'Play and Learn' Sessions



Example 1



Things you might want to think about?

When will you have your sessions and how often?






- Plan to offer your full attention – Spontaneous play with your child and fun games in everyday routines is great and shouldn't be undervalued! In a busy world however the washing needs done, the phone goes, the child's looking for a snack etc and you dash off and the child loses interest. It is impossible to stop all distractions but by choosing the best time for a 'Play and Learn' Session that best suits you and your child needs, will help you to both to focus better and have more fun!

How you will you make 'Play and Learn' a bit different from all the wonderful play, learn and fun activities you are having already?

- Toys: Put a small number of specially chosen really exciting toys into a bag, or toy box, that is only brought out for 'Play and Learn'; and can only be accessed with the help of an adult. This will encourage your child to play with you and teach them the value of interacting with others to get what they want.
- Think about learning through play: Recognise and appreciate what you are doing and the amount you are teaching your child through play! By responding to your child's interests e.g. towering, posting, pop up toys, spinning toys, vibrating toys etc you will learn what your child does well, support them to extend their learning in other areas by offering them more toys that offer new challenges and support them emotionally when things become a challenge, helping them to succeed.

How will you encourage your child to join in?

- Put down a blanket or play mat specifically for the occasion as a cue for your child that a 'Play and Learn Session' is about to start.
- Minimise distractions where possible e.g. reduce other toys lying about or turning the T.V off.
- Always try to give a little routine to your Play and Learn Session so your child learns what to expect e.g. starting and finishing the session in the same way, but mixing up the fun and activities in the middle.
- If your child does not join, or only joins in for brief periods, don't give up. Carry on with the session anyway. Show the child what you are doing and allow them to watch from a distance. Keep the sessions regular (using the same session format so it becomes familiar), alternating the toys until you find a toy that interests the child.
- Most Importantly – Have Fun! Never make a child join in, in the sessions. They will learn a huge amount from watching, listening and playing alongside you. Play and Learn Sessions are intended as additional support and should be carried out along with everyday play and having fun in daily routines.

'Play and Learn' Session Ideas -1		
What you will need	Session Routine	Ideas you might like to try
	Home Playtime Song	'Time to Play, Time to Play, we have got our toys and it is time to play!' (Sung to tune of Hot Cross Buns) 
<p>Small bag containing:</p> <ul style="list-style-type: none"> -A pair of gloves with faces drawn or sewn on. -A Hat or Cap -Small Teddy -Scarf 	<p>What's in the Bag?</p> 	<p>Chant 'What's in the bag? What could it be, let's take a look, after Three! One...Two...Three!!!</p> <p>Pause and look for any attempts at eye contact or interest from the child. However brief reward the child with lots of excitement, facial expressions and drama as you pull an item out the bag.</p> <p>-Glove Puppet Ideas–Peek-a-Boo games hiding eyes behind gloved hands; Have fun with puppet tickle games; Sing the finger family song using your families names; hide fingers and reveal one at a time counting to 5, or 10 using two gloves; increase textile experiences with a hand massage; let the child have fun attempting to put the gloves on and imitate the fun.</p> <p>-Hats – 'Hat On'/ 'Hat Off' (Raise had in the air) / Cap Forward/Backward – repeat increasing the pace of the activity. Hat fall fun –'Tip' and 'Fall'. Hat Spin – Spin hat on hand. Peek-A-Boo Teddy –Hiding in Hat; let the child have fun attempting to put the gloves on and imitate the fun.</p> <p>-Lightweight Scarves – Put around the child's back sing 'Row the Boat'; Make sounds to imitate when making shapes SSSSS – Shake Snakes, Wheee! – Arm outstretched circle scarf; Tug and Pull play; Gently place scarf over the top of the child's head -Peek-A-Boo; Throw and Float fun.</p>
	<p>Adults Toy Choice</p> <p>(Choose one or a maximum of two, in case the child is difficult to engage in play.)</p> 	<p>Think of the types of toys your child likes to play with, try to offer them a toy that you think will really interest them but is different from what they would normally choose:</p> <p>Towering activities – Cups, bricks, cushions</p> <p>Posting activities – shape sorters, putting pegs in cups, inset puzzles</p> <p>Cause and Effect Toys - Pop up toys, Jack in the box, Push Down /Spin toys</p> <p>Dolly Play – Doll or Teddy, plates, bowls, spoons, hairbrush, blankets, toy food, toothbrush etc.</p> <p>Small World Play – Cars, Trains, Farm Animals, Zoo Animals – make environmental sounds during play,</p> <p>Art / Messy Play – Playdough, Foam, Finger painting</p>
	<p>Childs Toy Choice</p> <p>(Offer a Choice of Two Toys)</p>	<p>Choose a favourite toy you know the child will enjoy playing with. Before giving the child the toy, encourage their choice making skills by offering them their favourite toy, along with one they would generally be less likely to choose. Reward the child with their choice if they reach out, look at the toy then you or gesture their choice. Plan with the child or alongside them.</p>
Bubbles	<p>Bubble Play</p> 	<p>Ready Steady...– Pause for eye contact or language or gesture for Go! Support popping. Close bubbles and place them down at the child's level to encourage them to request more.</p>
	Finished Song for Home	Time to finish and tidy away, tidy away, tidy away; Time to finish and tidy away and we will play another day. (Sung to the Wheels on the Bus) 