




# PLAY

## Paediatric Community Speech and Language Therapy

<p><b>Why is play important?</b></p>	<ul style="list-style-type: none"> <li>• Play encourages children's speech and language development.</li> <li>• It helps children understand the world around them and provides opportunities to try out sounds, for example; transport, animals sounds, leading to first words and the start of early vocabulary.</li> <li>• Children will begin by copying what they see and hear. They can be creative, develop new skills and practice old ones in a comfortable situation.</li> <li>• Dressing up games, shopping games, role play and nursery rhymes all encourage children to share and learn to play with each other, building social interaction skills.</li> <li>• Play skills develop like any other skill as children get older, so check out the link below to see what to expect.</li> </ul>			
<p><b>How to help</b></p>	<ul style="list-style-type: none"> <li>• As well as toys, give your child everyday objects e.g. hairbrush, cup, etc so that they can copy you and act out real situations and experiences.</li> <li>• Use play to introduce and demonstrate turn-taking and sharing, with the toys and others.</li> <li>• The best way to start to play with your child is to have one or two toys out at a time – they can choose – and sit down on the floor with them. Follow their lead with how they want to play with the objects or toys. Allow them to play outside of how you might usually set up a game. Be silly and try to enjoy the fun! Slowly, add one action that mimics something from real life e.g. brushing a doll's hair. Wait and see whether your child wants to have a go.</li> </ul>			
<p><b>Remember to...</b></p> <p>Do a little every day Keep practice fun Praise your child when they take part or put effort in Say your child's name before you speak</p>				
<p><b>Helpful links</b></p>	<p><a href="#">Words for life: how to play</a></p> 	<p><a href="#">BBC: adding play into life</a></p> 	<p><a href="#">NHS: Playtime for toddlers</a></p> 	<p><a href="#">Raising Children: Development</a></p> 