

## CHILD'S PLAY – TOP TEN TIPS

1. **Play! Talk! Read!**
2. **Messy Play** – *children love to get messy e.g paint, sand, water.*
3. **Outdoor Play** – *important for physical fitness and developing self confidence.*
4. **Safety** – *teach your child about safety.*
5. **Leave the clearing up** – *don't worry about having a tidy house. Make time for play!*
6. **Be creative** – *children love playing with household items like pots, pans, wooden spoons. A sheet over a table or chairs makes a great den.*
7. **Helping Out** – *young children love to help about the house and is a real learning experience.*
8. **Playing with the elements** – *let your child play with water, make mud pies, explore the woods, play in the bath, splash in puddles, make and fly a kite on a windy day.*
9. **Free Play** – *when your child plays alone, they're learning to keep themselves occupied and use their imagination.*
10. **Look after yourself** – *being a parent is not easy; when your child plays you can relax.*

Extract from Top Ten Tips Booklet produced by Parenting across Scotland and Play Scotland.  
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