

## PLAYFUL PARENTING: TOP TIPS

When playing with children it's less about what you do and more about the way you do it. Here are some handy 'dos and don'ts' to get you thinking about the way to play with your kids:

1. **DO** give them the chance to choose what games they play and how they play them. Forcing them to do something doesn't make play-time much fun!
2. **Don't** solve every task for kids – encourage them to solve the problem themselves.
3. **DO** remember kids are all different. Think about the kinds of activities your child likes and let them take the lead.
4. **Don't** be a competitive mum or dad. Learning how to lose is an important social skill for a child, but try to keep games enjoyable and let them win too – sometimes!
5. **Don't** be afraid to join in with make-believe games. Kids love it when parents play-act and it lets their imagination run wild.
6. **DO** let them enjoy physical challenges like climbing trees. Kids learn through taking risks. Don't be over-protective if the worst that can happen is a bump or a scrape.
7. **DO** get outdoors and play: it's healthy, and if they get dirty or wet, well that's what baths and washing machines are for.
8. **DO** share a game you used to play as a child. Think of the things you most enjoyed, the chances are your kids will enjoy them just as much!
9. **DO** enjoy playing. If your child is having fun but you aren't, just leave them to it. If they're not having fun, suggest something else.
10. Most importantly have **FUN PLAYING!**



Check out Play Scotland's activity sheets