

Play



Top 10 Tips

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Bloom Speech & Language Therapy
Services Limited

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TOP 10 TIPS

Play is the main way that babies and children learn about the world around them. It is also a great way to support their language development.

1. You are your child's first playmate so try and have a special time every day to play together for 5 minutes.
2. Cut down on distractions during playtime. Turn off the TV and radio.
3. Talk to your child while you are playing. Comment on what your child is doing.
4. Have fun with nursery rhymes and songs with actions. Babies and toddlers love to hear the same rhymes and stories over and over. Repetition helps them to learn.



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5. Play at your child's level, sit on the floor. This helps to encourage eye contact.
6. Encourage your child to communicate in anyway, not just through words, e.g. gestures, facial expression and play sounds, 'brmmm' for a car.
7. Let your child choose what they want to play with, and you follow their lead. Your child will learn better this way.
8. Play with one toy or game at a time. Provide opportunities for different sorts of play, use a range of toys and games.
9. Keep the sessions short and fun. Two short play sessions are better than one long one.
10. Most of all, enjoy playing together.



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If you have concerns or questions about your child's development, talk to your health visitor

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