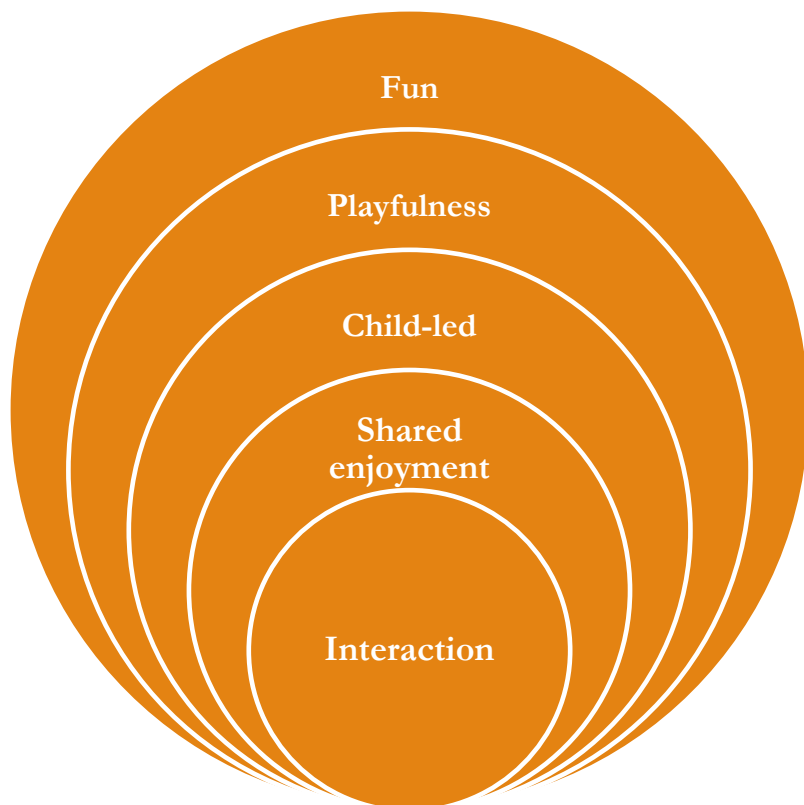




# Promoting Playfulness - Play Book

## One-Night Parent Education Workshop



**Notes or Questions to ask my  
S-LP or CDA:**

### **Additional Resources:**

[Child Development Programs -  
Play/Social Resources](#)

[Child Development Programs E-Learning  
Modules](#)

[Harvard University: Centre on the  
Developing Child – Serve and Return](#)

[The Hanen Centre - “Having Fun with  
Hanen”](#)

[Love. Talk. Play.](#)

[Sesame Street: Learning Through Play](#)

[First Words Project](#)

# How to Take a Playful Turn

Notes or Questions to ask my  
S-LP or CDA:

## \*Being intentionally playful\*

- Experience play together by **joining in on your child's focus**
  - Child-led not parent-led
- Be close to your child/share their space (be face to face) and pay attention to how they are playing
- Watch how your child is being playful and do what they do (copy/imitate)
- Take playful turns back and forth-**serve and return**



1

## Add an idea

- You can add a new idea to what your child is already doing without needing any additional objects or toys.



Image: <https://plantedinplay.com/guys-doll/>

2

## Add an object

- Adding an object can expand the play opportunities for your child.
- Some play activities may seem to be limited (e.g., a car and ramp).



Image: Imagine Toys

## Add a new way to play with the same object

- When your child plays with an object in only one way, it may be because they haven't realized it can be used in a different way.
  - For example, blocks are usually used to build a tower and knock it down.



## Go with the flow!

- Anything goes in play!
- Sometimes being playful may feel silly, messy, or different than what you expect
- There is no “right” or “wrong” in creativity
- **ACCEPT & BUILD ON IT**



Image: Frank SMS

Notes or Questions to ask my S-LP or CDA:

## When being playful, ask yourself

- What do you (parent) already do?
- How can I (parent) join in?
- What can I (parent) add to the play?
- How can I keep it going?  
(multiple turns)



## Takeaways



- There are opportunities throughout our day to be playful with our child and share in the fun; we only need to be watching for them.
- Remember to...
  - Let your child explore
  - Explore with your child
  - Discover new things
  - Have fun with your child!



Image: Zero to Three

