

**Integrated Community Paediatric Services  
 Paediatric Occupational Therapy Service**

**Worksheet C**

**Play**

Area of Difficulty	Strategy	Tick when strategy has been tried and add comments.
<p>Delayed Early Play Skills.</p>	<p><u>In and out</u>            Model to your child putting one object inside of another. You can use anything you have around the house for example blocks into a container.</p> <p>Posting: Any activity where one item is posted into another. Demonstrate to your child how to do this, if they do not copy, place your hand over theirs to show them how to do it.</p> <p>Objects that make a fun noise when they are dropped into a container may be more motivating. Make sure to comment on what you are doing using words such as 'in, out, up, down etc'.</p> <p><u>Object permanence</u>            Object permanence is the ability to understand that something exists even when it is hidden, or you cannot see it.</p> <p>Playing games like 'peek a boo' promote the idea that things continue to exist, even though they can no longer be seen. The parent/ carer covers his/her head with a scarf or towel then lifts it up to greet the child.</p> <p>Partially cover a toy with a towel or sheet and ask the child to find it. Proceed by covering the toy completely and asking the child to find it.</p> <p>Hide toys in boxes and ask the child to find them.</p> <p>A lot of popular children's toys can also be used to increase the child's awareness of objects existing even though they can't be seen. For example, Jack in the box, putting a train in a tunnel, a car in a garage etc. Play hide and seek.</p> <p><u>Cause and effect</u>            This is the understanding that one action can cause another. Through play children can learn that a specific action will trigger a response. They will learn that things they do will make something happen e.g.</p>	

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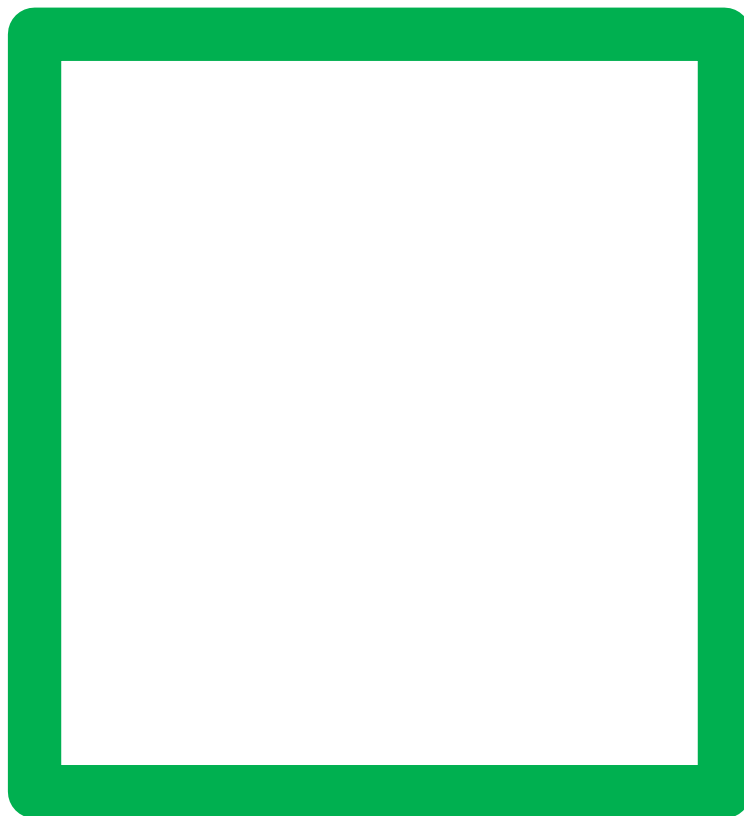
	<p>an object move or a sound to occur. Play activities to encourage an awareness of cause and effect:</p> <p>Use pull-along toys such as caterpillars which the child can drag around the room.</p> <p>Use toys that have switches or string which when pressed or pulled create a sound or a visual effect.</p> <p>Play with sound makers such as rattles, squeaky toys, musical instruments, crumpled papers and 'groan tubes' which make a noise when moved.</p> <p>Use everyday items around the house as musical instruments. For example, bang a wooden spoon on a saucepan to make a noise.</p> <p>Choose toys that open and close such as a Jack in the Box, or toys with doors and keys.</p> <p>Build a tower of bricks and knock them down.</p> <p><u>Anticipation games:</u></p> <ul style="list-style-type: none"> <li>- Ready steady go games.</li> <li>- Jack in the box.</li> <li>- Round and round the garden.</li> <li>- Tickle games.</li> <li>- Pausing midway through a song.</li> </ul> <p><u>Early learning play activities should also be encouraged which include:</u></p> <ul style="list-style-type: none"> <li>- Insert puzzles.</li> <li>- Colour matching.</li> <li>- Shape sorters.</li> </ul>	
<p>Explorative Play.</p>	<p>Explorative play enables children to explore playing through all their senses (make sure children are always supervised, especially children who may place objects in their mouths).</p> <p><u>Messy Play:</u></p> <ul style="list-style-type: none"> <li>- Sand and water play.</li> <li>- Play dough and slime. See appendix 4 for recipe sheets.</li> <li>- Food play; Angel Delight, custard, jelly, whipped cream, mashed potato etc.</li> </ul>	

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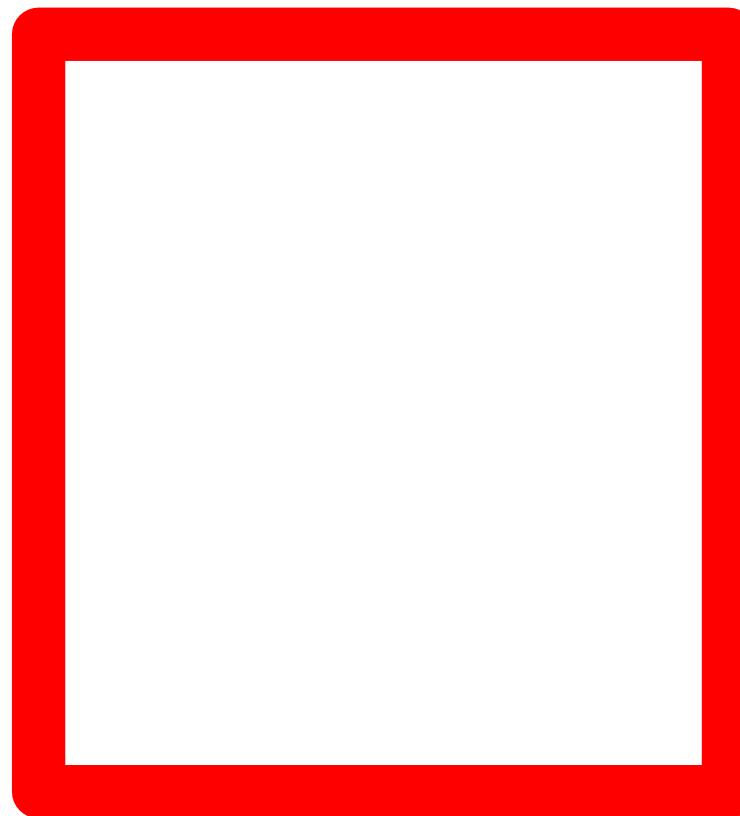
	<ul style="list-style-type: none"> <li>– Encourage outdoor play in gardens, mud kitchens, playing in puddles etc.</li> <li>– Edible paint; yoghurts mixed with food dye or spices can be used for finger painting.</li> </ul> <p><u>Smelly play:</u></p> <ul style="list-style-type: none"> <li>– Scented homemade play dough.</li> <li>– Fill empty water bottles or containers with different foods such as orange slices, herbs, spices, fruit tea bags etc. Remove the lid and encourage your child to explore the smell.</li> </ul>	
<p>Social Play and Sharing.</p>	<p>Where possible, encourage social interaction with other children from an early age for example attending local toddler groups. Speak with your child’s health visitor about local groups or funding options for nursery settings.</p> <p><u>Shared interests</u>        Join your child with their interests; for example, join them in their play and encourage the play to evolve.</p> <p><u>Turn taking and playing alongside others</u>        Create opportunities throughout the day for your child to share their play with adults and children. For example, take turns playing quick games such as a car run or taking it in turns to place a shape into a shape sorter. Other activity ideas include:</p> <ul style="list-style-type: none"> <li>– Rolling/ kicking a ball back and forth to each other.</li> <li>– Playing hide and seek.</li> <li>– Instruction based games such as Simon says.</li> </ul> <p><u>Adult lead direction</u>        Support your child to take part in an activity of your choosing, only ending when you say so. Keep the activity short and motivating at first, increasing the length as their skills develop. Now and next boards (<b>see “Now and Next” board below</b>) and visual schedules can be used to support engagement.</p>	
<p>Pretend Play.</p>	<p>As your child’s play skills develop, they will start to develop imaginary play. Encourage this by engaging them in:</p> <ul style="list-style-type: none"> <li>– Play that mimics real life for example: playing shops, playing families and teachers, policemen, dressing up etc.</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Using household objects to imitate something else, for example use a spoon as a phone.</li> </ul> <p><u>Other play ideas include:</u></p> <ul style="list-style-type: none"> <li>- Be doctors and nurses looking after teddies and dolls.</li> <li>- Build a car from boxes and go for a drive.</li> <li>- Be superheroes and decide on your own super powers.</li> <li>- Have a picnic with toys.</li> <li>- Go fishing over the edge of the couch.</li> <li>- Perform a play.</li> <li>- Set up a post office and send cards to friends.</li> <li>- Go on a safari adventure and spot your animal teddies.</li> <li>- Play mummies or daddies and take baby for a walk.</li> </ul>	
<p>Construction Play.</p>	<p>Encourage children to engage in play that includes:</p> <ul style="list-style-type: none"> <li>- Stacking.</li> <li>- Using magnetic construction toys.</li> <li>- Using toys such as building blocks, Duplo and Lego to...             <ul style="list-style-type: none"> <li>• Build a tower or other small structure.</li> <li>• Build a tower and knock it down.</li> <li>• Practice putting parts together and pulling them apart again.</li> </ul> </li> </ul>	



**NOW**



**NEXT**