

Play in lockdown

While children are confined to home with their family during the current pandemic this provides a unique opportunity for many parents to spend time with their child and strengthen family connections through play. Play allows your child to develop important socialisation skills that they will be able to use when this is over, such as independence and understanding how to manage relationships.

Play is very important for children's development and provides an ideal opportunity for your child to learn how to interact with others, share, observe boundaries and problem solve while having fun.

Remember...

- Play is your child's natural way of learning.
- You are your child's favourite toy.
- Resist the temptation to take over or direct what is played.
- Play encourages development of fine and gross motor skills.
- Play doesn't have to involve expensive toys in fact more benefit is gained when children use their imagination to devise games and play toys.
- Play teaches children how to make friends, team work and taking turns.
- Children can play alongside or with others and they also benefit from playing alone at times.
- Siblings will form strong bonds that last a lifetime when they have the opportunity to play together.
- Have fun. This is the ideal opportunity to make memories and enjoy some light relief from the current situation.

