

Top Tips: Talk and Play Everyday!

Children learn from your talk

- Tell your child what is happening
- Add gestures and visuals
- Listen and repeat
- Keep it short

Children learn through play

- Parents are the best toy
- Learn through having fun
- Always get down to the child's level
- Your child leads the play

Play is an essential part of a child's overall development: play is as important as good nutrition, warmth and protection. Young children learn language through interactions with their parents, other family members and other children.

Play supports behaviour: parent-child play shows your child that you are interested in them and gives them positive attention which helps to build their self-esteem. Parent-child play allows a child to receive positive attention for things you want to encourage e.g. 'good sharing' rather than learning that if you misbehave you get attention.

Play supports thinking skills: playing helps a child to solve problems, test out ideas and explore their imagination.

Play supports language development: play is an ideal moment for a child to hear the words that match what they are doing and the toys they are using e.g. 'you're building a tower'.