

# Play

## WHAT DO I NEED TO KNOW?

Do you wonder, “Why is my therapist *just* playing with my child?” Maybe it seems that play is the only thing happening. Your therapist is helping your child learn new skills

## WHY IS PLAY IMPORTANT?

Occupational, physical and speech therapists use toys and play to help your child build up skills for:

- Problem solving
- Balance
- Sensory
- calming down
- interest
- creativity
- using large and small motor muscles
- listening and talking
- memory
- socializing
- Using of both sides of the body

## WHAT DO I NEED TO DO?

- Offer toys for your child’s age such as building blocks, puzzles, and crayons.
- Balance play, school and planned activities for children.

- Offer different body positions for babies such as tummy time on the floor or over your lap, sitting, on their back and standing with help.
- Help children play with others and make friends.
- Read aloud to your child. This helps them learn more words and become better readers.
- Encourage pretend play with younger children.
- Limit use of the television, computer or video games.
- Encourage sensory play in water, finger paints, dry rice or beans, sand, or shaving cream.
- Play all kinds of games to teach following rules, taking turns.
- Offer paper and crayons so your child can “practice” writing
- Make sure your child has recess at school. It is important to play physically and be social with friends.



*You can discover more about a person in an hour of play than in a year of conversation.”*

These instructions are only general guidelines. Your doctor may give you special instructions. If you have any questions or concerns, please call your doctor.