

## **All it takes is 15 Minutes of Play a Day!**

*Playing with your child for just 15 minutes a day can help improve speech and language development, assist in helping correct attention seeking behaviors, and can help strengthen your relationship.*

**Put electronics away!**

*Turn off the TV, put your phone out of reach, and avoid electronic distractions*

**Be Fully Present!**

*Give your child your full attention. Talk to them, listen, and engage with them.*

**Allow your child to lead the activity!**

*If they want to change activities, follow their lead and let them pick! This helps build independence.*

**Praise!**

*Praise your child for all of their good behaviors during play! This will let your child know that you are proud of them.*

**Imitate your child's behavior**

*Copy or mimic things your child does or things they say. Play with the same or similar toy and use it they way they do.*

**Describe what Your child is doing!**

*Talk in as much detail as possible about what your child is doing. This will assist in language development.*

**Be Enthusiastic!**

*Show your child you are excited to play with them!*

**Limit!**

*Try to avoid over questioning, giving directions, and criticisms.*