

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.