

# Daily Play

Playing together is a great way to spend enjoyable time with your child and learn about what he or she likes to do. Set aside 5 to 10 minutes each day to play with your child. Try to pick a time when there won't be too many distractions. Let your child choose some toys that you can explore together.

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## Follow Your Child's Lead.

**Wait, watch, listen.**

**Let your child guide your play together.**

**"I see that you are playing with the trains! I will play with the trains too."**

## Describe.

**Without asking questions, state what your child is doing.**

**"I see you drawing a butterfly with blue wings!"**

**"It looks like you feel excited about building with your Legos!"**

## Praise.

**Try to praise your child at least once each minute during family playtime.**

**"That was such a nice way to hand me the blue crayon."**

## Redirect to a different behavior.

**For a behavior that is not ideal (but not a deal-breaker).**

**"Coloring on the coffee table can ruin it. Let's color on this paper instead."**