

Teach These Children

Fivefold enrichment



Play Outside the Box

Play is a necessary part of your child's day. Through play children learn how to self regulate and socialize. Depending on the type of play, children learn valuable lessons and skills that help them to navigate the world around them. How does you family handle changing weather, special family events, and other one off situations that impact your schedule?

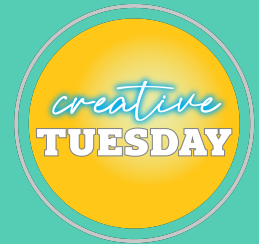
Activity

Disruptions to your daily schedule that leave your child with little to no time to play can lead to poor social interactions, tantrums and other negative behaviors. It's difficult to expect a child to lose an important and necessary outlet to be fully present and available for something like a family gathering. You are expecting them to be on their best behavior and instead, because they are out of their routine, need an outlet to expend energy or self expression, they misbehave. Rather than getting upset, realize the undesirable behaviors may be a result of their needs not being met. You can combat this through proactive planning. Reconsider your thoughts on playing outside in the rain. Instead, think of activities that can be appropriate to play in the rain and use them as opportunities to teach cause and effect. Develop clear expectations for family gatherings. How much time are children expected to converse with grandma and grandpa? What activities are appropriate to play at Uncle Ed's house? Can they play in the yard after dinner or can you pack something that may serve as an equally appropriate outlet for them? Be intentional and proactive and you will find your child (and likely the rest of the family) more balanced and relaxed.

TIPS

It's easy to think this is unnecessary and children can learn to do without for a day. This is true and they will but seeing the difference this makes will help you teach your child to recognize and make time for their own needs as they grow.

Child's belief
about self...



I am balanced

Family supports
development of...

Toolset

Focus area:
Creativity for
problem solving

GOAL

Be proactive in planning for children to have opportunities to play when your regular schedule is disrupted.

LEVEL

1