

People Play - Without Toys

This people play is about helping your child learn that playing can be more fun with two people. Because this play is simple, fun and repetitive, there are lots of opportunities for your child to communicate with you.

Why do we do it?

Your child is learning to interact with you and this will help them to develop important skills they need for communication:

- Sharing attention and enjoyment with another person
- Anticipating what will happen next
- Making simple requests (using eye contact, gestures or words)

What do I do?

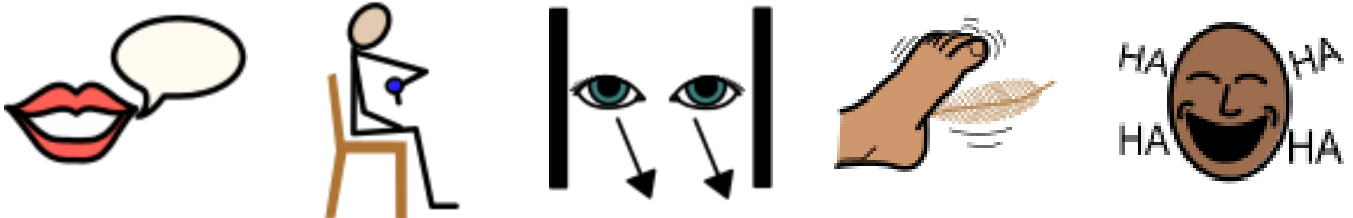
People play should be fun and motivating for your child, so choose activities your child enjoys. Sit opposite them on the floor so they can see your face easily:

Activity:	Example words:
Peekaboo: Use a pillow / blanket /your hands to hide your face behind and then jump out saying ‘boo’.	“Bye bye” “Peekaboo!!” “Where are you?”
Rhymes: Name the song or rhyme. Sing/say the words and do the actions, sitting where they can see you. Use lots of animation to keep their interest.	“Humpty Dumpty” “Round and round the garden”
Tickle: Tickle your child and then pause . Wait for your child to show you that they want more.	“Tickle!” “Tickle your... tummy!”

Play Routines

These people play activities can be developed into play routines by using the same words, actions and fun ending each time. Here is an example;

- **Play**— Start the rhyme; ‘round and round the garden’.
- **Pause** – Stop and wait in the middle or at the end of the rhyme.
- **Watch** – See how your child reacts. Do they show you they want more?
- **Continue** – Continue the rhyme, finishing with a fun ending like tickling.



Things to remember

- Play together in this way for up to 10 minutes once or twice every day at home and at school/ nursery.
- When you pause and watch to see how your child reacts, notice any way your child shows you that they want more of the play;
Do they look at you?
Do they make a noise or say a word?
Do they move your hands?
Do they make a gesture or action?
- Remember to use simple language throughout the play and repeat the same words again and again.
- Where possible, have a quiet environment without lots of distractions. Turn the television off and put phones and favourite toys out of view.