Play

WHAT DO I NEED TO KNOW?

Do you wonder, “Why is my therapist just playing with my child?” Maybe it seems that play is the only thing happening. Your therapist is helping your child learn new skills.

WHY IS PLAY IMPORTANT?

Occupational, physical and speech therapists use toys and play to help your child build up skills for:

- Problem solving
- Balance
- Sensory
- Calming down
- Interest
- Creativity
- Using large and small motor muscles
- Listening and talking
- Memory
- Socializing
- Using of both sides of the body

WHAT DO I NEED TO DO?

- Offer toys for your child’s age such as building blocks, puzzles, and crayons.
- Balance play, school and planned activities for children.
- Offer different body positions for babies such as tummy time on the floor or over your lap, sitting, on their back and standing with help.
- Help children play with others and make friends.
- Read aloud to your child. This helps them learn more words and become better readers.
- Encourage pretend play with younger children.
- Limit use of the television, computer or video games.
- Encourage sensory play in water, finger paints, dry rice or beans, sand, or shaving cream.
- Play all kinds of games to teach following rules, taking turns.
- Offer paper and crayons so your child can “practice” writing.
- Make sure your child has recess at school. It is important to play physically and be social with friends.

You can discover more about a person in an hour of play than in a year of conversation.”

These instructions are only general guidelines. Your doctor may give you special instructions. If you have any questions or concerns, please call your doctor.