

You can help your child

You can help your child by:

- Making sure there is plenty of structure and routine to your daily life, which will enhance your child's feeling of security
- Taking time to talk to your child about his everyday life, daily activities that you share and his needs
- Encouraging your child to ask plenty of questions and taking time to respond
- Enjoying story and picture books together
- Letting your child make his own choices
- Encouraging your child to help other people
- Providing positive images of different genders, cultures, beliefs and levels of ability
- Playing games together, either in pairs or groups
- Challenging behaviour that you consider unacceptable
- Explaining to your child the consequences of his actions
- Encouraging your child to be independent in activities such as using the bathroom or at mealtimes

Things to try at home:

- Enjoy dressing -up and role play games using puppets and dolls
- Play together in the sand or water
- Play with small world toys together
- Have fun playing board games in pairs or small groups

