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Tips to improve engaging in play with 24 to 36 months old

Building skills

Playing with others



Include other children in play activities to increase social skills and language development.

Building with blocks



Practice following instructions, fine motor skills, hand-eye coordination. Children will begin to stack them by size, colour or shape.

Drawing and prewriting



Practising prewriting skills. Can begin with chalk in the garden. Tracing around hands and feet.

Remember the importance of...

Imaginary Play



Encourage playing house, doctor, dressing-up games with hats, capes, dresses or make a believe tea party. Promotes creativity in play

Obstacle courses and outside play



Cut out circles and place on floor, suggesting children hop from circle to circle. Set up activities that include running, crawling and hopping to get the 'treasure' at the end.

Social-Emotional Growth



Children at this age will begin to use symbols and ideas to express emotions and feelings.

Keeping your child safe...

Be there for your child



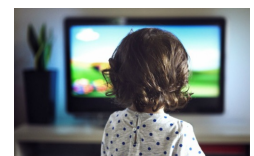
Children at this age are explorers! They do not always understand danger. Supervision is important.

Home Safety



Keep household chemicals, medicines and all dangerous objects out of reach. Be particularly careful in the kitchen to prevent burns and accidents.

Continue to limit screen time



Children learn by doing. Watching television decreases play time and may impact on learning.

Did you know? At this age children enjoy moving and playing action games, and physical activities are very important to promote health and wellbeing. Try to have some outside play every day!

Play is how a child learns. This leaflet was created to provide ideas for activities which can support development of language, cognition and motor skills. The focus is not on specific brands of toys and this is not an extensive list. Development varies from child to child and if you have any concerns about your child speak to your GP or health visitor.

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