Tips and tricks on the topic of…

Playing

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Children learn by playing. A large part of children's cognitive and motor development takes place when they are playing. Playing together with other children promotes linguistic, social and cultural competences. Children learn both in free and guided play. Both should be fun!

What you can do:
- Play with your child to strengthen your relationship:
  - e.g. hide-and-seek, peek-a-boo…
  - e.g. construction games with building blocks, Lego, handcrafts, even with so called «worthless» materials such as pine cones, cardboard,…
  - e.g. outdoors, in the garden, the woods, by a stream…
  - e.g. rule games, dice games, memory, card games
- Create a stimulating environment in which your child can develop and implement play ideas.
- Give your child time, space and peace to immerse him or herself in the game.
- Allow your child to play with other children. Invite playmates into your house, visit playgrounds.
- Offer your child various contact possibilities by attending play groups, mother-and-child gymnastics, etc.
- Toys should be appropriate for your child's age and level of development. It should not overstimulate them. Everyday objects can also be play equipment, such as containers, ropes, clothpins, saucepans…

Incidentally:
The joy of playing together is the foundation for development.