



3 Ways to Connect with Your Child Through Play

For Ages 2-6 Years Old



Connect through Play

A parent's presence has the power to create feelings of security and connection for their child, which are essential to the developing brain & learning foundational skills.

Through moments of play parents have a golden opportunity to encourage their child's emerging skills, interests & needs.



01. Arrange the Environment

Your child's first and most consistent environment will be HOME!

Arrange spaces & materials to increase meaningful social and communication interactions with your child & family.



Offer developmentally-appropriate toys to support emerging skills.

Design space with child-sized furniture & open shelves to encourage choices.

Create cozy, calm spaces to rest and recharge emotionally.

More on Instagram! [@askAimee](#)

02. Notice Your Child's Interests

You can support your child's play skills during everyday activities & routines.

All children are active learners, and when we follow their lead we help them become competent & confident play partners.



Observe the toys, activities, & people that your child chooses and makes them smile.

Allow your child to explore & play with toys in their own way.

Notice what captures your child's attention and direct your focus to that toy or activity.

More on Instagram! [@askAimee](#)

03. Show Them How It's Done

Young children learn best within stable, nurturing relationships with caring adults.

Imitation is a pivotal skill used to learn new abilities through observation and open developmental pathways.



Respond to what your child does by imitating and commenting on their actions. .

Wait [yes, it's harder than it sounds!] for your child to respond or interact with you.

Encourage your child to play with you by getting at their level [eg sit in front of them]

More on Instagram! [@askAimee](#)



Help is Here!

If you'd like to learn more ways to support your child's development as well as evidence-based therapy options, subscribe to my free newsletter and upcoming online parent course, **While You Wait: A Guide to Planning & Presence for Your Child with Autism.**

Connect with me on IG for more guidance.
I'd love to hear your questions!

Aimee Herrera



@askAimee



www.HerreraBCBA.com