

# WAMHS Newsletter

October Issue 2: Play & Making the Most of Special Time

Welcome to the October issue of the WAMHS Newsletter. In this issue, we are focusing on how play can be used as a way of building moments of connection with your child that is shown to have a positive impact on behaviour.

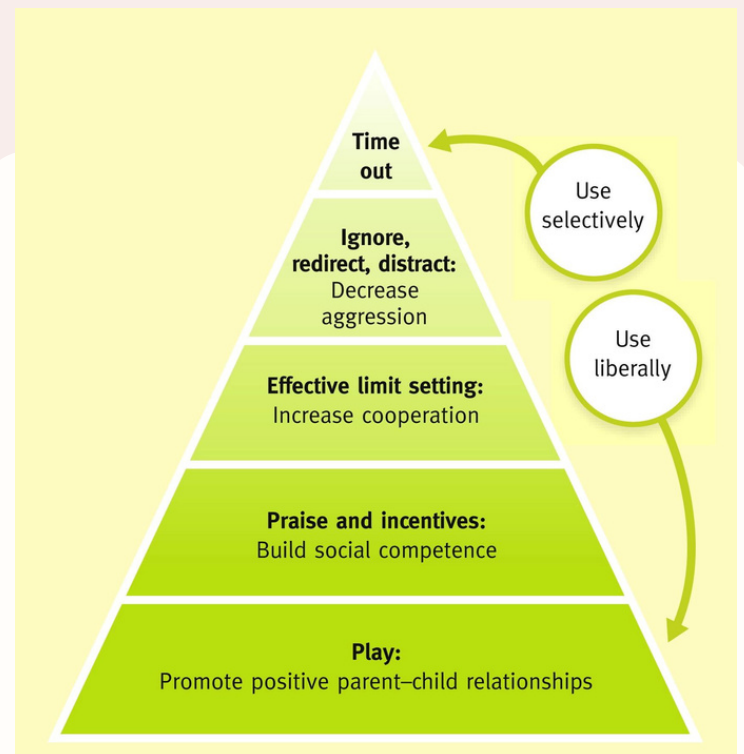
## The Parenting Pyramid

This pyramid is a helpful visual tool to demonstrate how a parent can positively affect their child's behaviour.

The base of the pyramid is all about **connection** and strengthening your relationship with your child. This is the foundation of parenting and where most time should be spent.

The top of the pyramid relates to **correcting** your child's behaviour. This should take up the least amount of time.

For more information about the Parent Pyramid, please visit [www.incredibleyears.com](http://www.incredibleyears.com)



**TOP TIP: When we connect often and coach well, we won't have to correct our children often. Positive parenting should reduce the need for behaviour management strategies and increase competence and confidence in your child.**



# Special Time



Special time is a one-to-one time for you and your child.

It reconnects us and gives children the experience of having their parent's full attention.

It gives the child a safe place to play out everyday issues that kids experience such as feeling powerless or upset.

Parents say that regular special time leads to significant changes in their child's behaviour.

## Top Tips for Special Time

1. Let your child know that you want to have special time with them for **10 minutes or more a day** as often as you can, but ideally, at **least once a week**
2. Choose a time when other children can be looked after by someone else or keep other children distracted with an audio book or drawing materials
3. Set a timer for 10 minutes or however long you have chosen - only finish when the buzzer goes off. If your child gets upset remind them when their next special time will be
4. Say *"today you get to decide what we do with our special time and tomorrow I will, what shall we do today?"*
5. Give them 110% of your attention with no agenda or distractions (turn off the TV, leave your phone in another room, silence your emails etc.)

## Why is play important?

Play is how children explore and understand the world

Play can help us understand how a child is thinking or feeling

Play can help with attention, focusing, turn-taking, sequencing and language development

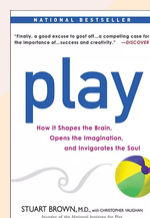
Messy play can help children learn how to handle messy feelings and tolerate tricky situations

Child-led play can build confidence through self-expression

Want to know more about play...?



**Michael Rosen's Book of Play: Why play really matters, and 101 ways to get more of it in your life, Michael Rosen - 2019**



**Play: How it Shapes the Brain, Opens the Imagination and Invigorates the Soul, Dr. Stuart Brown - 2010**



**Playing and Reality (Routledge Classics), D.W. Winnicott - 2005**