

# how to encourage my youngest to engage in independent play

*one* – Try using a visual timetable. A daily timetable that includes both independent play and sibling play (at different times). Both sessions can be set up at the same time each day (routine) or simply follow in the same order each day (rhythm).

*two* — Take note of what they are interested in...what makes their eyes sparkle?

Create play spaces and invitations based on their interests.

*three* — Start small...because small steps will add up and change can be hard for all involved. If it is not a success at first don't be disheartened...keep trying but make a tweak to see if it makes a difference eg, different time of the day.

*four* — Ensure toys are developmentally appropriate. If toys are too challenging your little one will seek for help.

*five* — Be mindful that your learners might not be ready for independent play YET!!

Come and share your biggest challenges with independent play in the FB community, where we can brainstorm ideas together to support you in this area.