



## Top Tips for Parents to Support Play

- 1) Taking time to play together can make you all feel less stressed and provide an opportunity for laughter.
- 2) Use outside for messy play experiences, it's Wales there's a good chance Mother Nature will help time wash it away.
- 3) You don't have to entertain your children every second of the day, if they are happy and safe, leave them to direct their own play.
- 4) Use this time to sort out the bedrooms; outgrown toys often become played with again once you go to throw them out.
- 5) Let children guide their play times, you are there to help with resources and throw in ideas to enhance their experiences.
- 6) Use recycling materials for play: things such as boxes, bottles, old sheets and curtains, whatever you can find that is safe for your children to play with, often make the best play resources.
- 7) Remember that tantrums and mood swings are common and that these times are tough on every family member. However we don't often get to spend lots of time with our children, try to enjoy it.

### Useful links

#### Play Wales

[www.playfulchildhoods.wales](http://www.playfulchildhoods.wales)

[www.playwales.org.uk/eng/news](http://www.playwales.org.uk/eng/news)

#### Wild network challenges

[www.thewildnetwork.com](http://www.thewildnetwork.com)

#### Young Wrexham Website

[www.youngwrexham.co.uk](http://www.youngwrexham.co.uk)

#### Play and Youth Support Team

#### Contact us

[play@wrexham.gov.uk](mailto:play@wrexham.gov.uk)

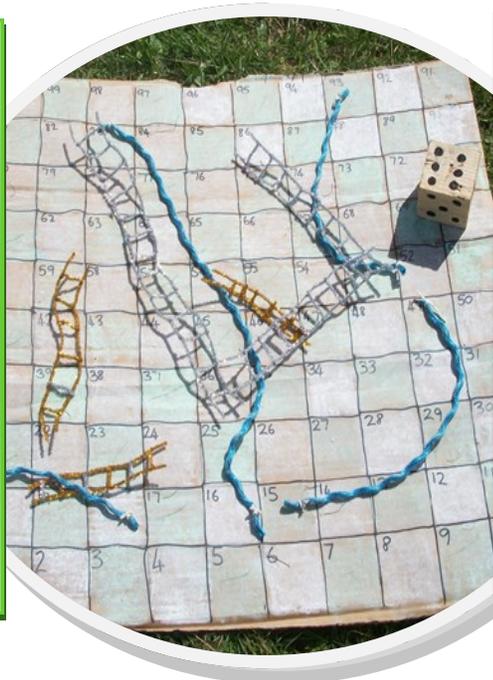
## Play object of the week

How can I play with a...

### Cardboard Tube

- A microphone
- A telescope
- A binoculars
- A tower
- A cannon
- A tunnel
- A trumpet
- A shaker

How many more can you think of?



### Playful Timetable

	Indoor	Outdoor
<b>Monday</b>	Junk Modelling with smaller household items	Collect 5 natural things around the garden
<b>Tuesday</b>	Dressing up with each others clothes	A fashion show
<b>Wednesday</b>	Eye spy	Floor is lava
<b>Thursday</b>	Play School, café, shops, Hair-dressers, doctors & nurses	Make music with junk materials
<b>Friday</b>	Make sock puppets	Put on an outdoor performance
<b>Saturday</b>	Simon says ..	Set up an obstacle course
<b>Sunday</b>	Use pots and pans to make drums	Teddy bear picnic / tea party