

SESSION **6** Understanding your child's behaviour Time to have a go: Having fun together

6.21

Watch your child when he or she is playing or involved in an activity and see if there is a time when you think you might be able to play together or you can join in. See if you can play for five minutes, or longer if you choose. Or you may find you can spend time with your child or teenager by watching a DVD, playing a computer game or going out somewhere together.

A way of joining in might be to say: *'Can I play too?'* or *'That looks fun, can I join in?'*

If your child does not seem ready to play it might be helpful to say: *'That looks fun, maybe we can play together another time'* If you have a teenager you can say *'That looks good, maybe we can have a go together another time'*. Then try again later when you think they are showing signs of being relaxed and ready to do something with you.

Describe what you and your child were playing

How did you feel when playing with your child?

How do you think your child felt when playing with you?

Did you notice anything different about how your child played when they were playing with you?

