Supporting your child to engage in positive play

- The container for moments to show affection and to build self-esteem and confidence.
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It’s all about you, baby

TV presenter and midwife **Anna Williamson** shares her top tips for new parents

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**Posing activity:**

- Choose activities to encourage positive behavior, such as board games and crosswords.
- You may want to reinforce the behavior you want to encourage.
- Encourage positive behavior by praising your child as soon as you see them doing something right.

**Decide on two or three rules for your child before playing—keep hands and feet freeplay and no squeezing.”**

**Encourage more structured play:**

- When your child is growing, yet getting bigger is really the only option.
- We’ve come up with some simple steps to help you.

**Explain the rules:**

- In a moment of frustration, it might be a good idea to work out when and how often you might need to do something.
- We have to work out when and how often you might need to do something.

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**THINK ourselves are agreed that, although they can be incredibly cute, they can also be frustrating.**

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Emma loves my ‘dad-dancing’ now... but not always!

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**Dad:**

- Be a positive role model.
- Help your child to understand the importance of patience.
- Encourage your child to express themselves in different ways.
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**Dad:**

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