

Enhance Development & Encourage Positive Behaviour



How to Play with your Child to Enhance Development

1 Make time to play with your child.



2 Be playful! Adopt a **positive and fun attitude.**

4 Vary your **facial expressions**, tone of voice, gestures, etc. Be animated!



3 Play with your child at an appropriate level by selecting developmentally age-appropriate play themes and toys, and using appropriate language.



5 Initiate interaction, wait and give your child time to respond.



6 Respond to your child's interaction.

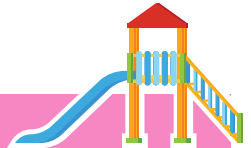
8 Avoid directing your child's play, allow them to **decide their own interests.**

7 Use **open-ended questions** (e.g. "What else?", "How?") instead of giving them instructions (e.g. "Give Mummy the red square block.")



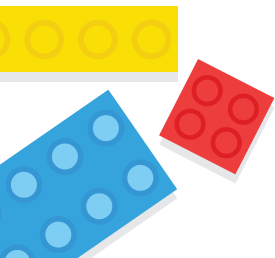
9 Provide **opportunities** for your child to make choices.

10 Encourage **physical exploration and movement**, bring your child to the playground often.



12 Encourage creativity and new ideas by allowing your child to try new things.

11 Encourage pretend play.



Encouraging Positive Behaviour in your Child

1 Set clear and specific expectations

For example, if you want your child to practise good manners, telling them, "Say thank you when Mummy gives you a biscuit" is more specific than "Be polite".

NO!



2 Be firm when you say 'No'

Do not give in just because your child cries or whines after you have said 'no'. This may cause them to cry or whine more often in the future, hoping that you will give in to what they want.

3 Consistency is key

For example, allowing your child to do something sometimes but stopping them from doing it at other times can be confusing for your child, and they will be less likely to do what you expect of them.



4 Focus on what your child is good at

By doing so, you help to build up your child's self-esteem, and they will be more likely to behave in positive ways when they feel good about themselves.



5 Focus on what you want your child to do, rather than not do

Phrase the behaviour you expect of them positively. For example, if you want your child to stop jumping on the sofa, say "Come down from the sofa" instead of "Don't jump on the sofa".



7 Set consequences for both positive and negative behaviour and stick to them

When you follow through on what you say, your child learns to trust you and will be more likely to listen to you in the future. If you promise to take your child to the playground after they keep the toys, make sure you keep your word. If you say you will leave the shopping centre if they don't stop running around, be prepared to leave right away if the behaviour continues.

6 Set a few general rules at home

This will help your child understand how you expect them to behave. E.g. "Switch off the TV during dinner time". Everyone in the house should follow the rules, including yourself.

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