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| Benefits and Barriers of Play | |
| **Benefits** | **Barriers** |
| * Allows children to explore * Help children to problem solve * Can teach new skills * Builds confidence * Encourages communication * Builds a bond * It’s fun * Makes us happy * Social skills * Positive attention * Get time to ourselves * Chance to role model * Get to know them * Learn what they can do * Learn * 1-to-1 time * Improve mood- parent and child * Helps the parents see where the child might need to support | * Time * Tired * Boring * Lazy * Mood * Choirs and appointments * Work commitments * Knowing what to do * Our play experiences * Knowing how to play * Other children * Illness * Child’s behaviour * Child does not want to play. * Other people/family * Phones * TV/IPad * Friends/neighbours * Energy levels * Age * The dog! |