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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!
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