

Encouraging independent play

What is independent play? Independent or solitary play is when a child plays alone.

Why is it important?

Builds creativity and imagination

Increases problem solving skills

Increases social independence

Helps with attention and focus

Increases ability to learn from challenges

Boosts self esteem

How do I encourage Independent Play?

- offer open ended toys (toys that have more than one use)
- rotate toys to increase excitement
- create a schedule: find 10-30 minutes a day in your routine
- talk to your child about expectations and where they can play on their own
- start by playing with them and slowly removing yourself
- start with small periods of time and slowly add more
- if you use a timer show the sound the timer makes, what to do when it rings and how long the timer will be
- give praise
- don't sweat the mess

Open ended toy ideas

