

# Playfully

# P.R.E.S.E.N.T. METHOD

this  
**Playful**  
Home.

## PLAY

Play underpins the whole mission of This Playful Home.

When you truly understand play, and how children learn, you will no longer need to scour Instagram and Pinterest for ideas on how to 'entertain' your children.



## RHYTHM

Days at home with young children run a lot more smoothly when you have a gentle, predictable daily rhythm.

Young children thrive on a predictable routine; this leads to fewer meltdowns and more independence.



## ENVIRONMENT AS THE THIRD TEACHER

A nurturing home environment is crucial to child development. Play spaces are so much more than an Instagram trend. Brain science shows us that safety and security in a nurturing environment is essential in order for children to learn and grow. A well thought out play space can help your child to become independent and learn whilst playing.

## SIMPLIFY

The key to a playful home is to keep things simple. This is not lazy, but common sense!

In reality, learning (through play) at home can be very, very simple. When you understand play and how children learn, keeping it simple makes sense.



## EMPATHY & UNDERSTANDING

Set limits with love using Positive Parenting strategies. When you understand the brain science behind child development, it leads to more empathy and more realistic expectations of our children.



## TIME & CONNECTION

Playful parenting is not about sacrificing yourself or entertaining your children 24/7. It is about finding points during each day to connect with your children and fill their cup.

But this isn't just about the children. When you create a nurturing, gentle daily rhythm and simplify your days **you can make time for yourself.**



## NOTICE & OBSERVE

Taking time out to observe your child at play will help you understand their interests, their behaviours (schemas) and their development. This will tell you so much more than the latest 'parenting hack' ever will!

