|  |  |
| --- | --- |
|  | TALK   * Share books with me and talk about the pictures. Sing rhymes, poems or songs as I love to hear the words and you are helping me to build my understanding of words and their uses. * Tell me about colours as we explore together or count the steps with me as we climb the stairs or count the socks in the washing pile. |
| PLAY   * Follow my lead when we are playing – when you join in or imitate me I know my ideas and decisions are important. * I love playing outside so try to spend some time outside every day with me. |
| 3 RELAX   * Try to end exciting play or activity sessions with a wind-down time so we can enjoy a few moments of calm together * Sometimes I like to busy and sometimes I like us to sit together and watch what other people are doing. I learn a lot from watching and then copying. |
| CUDDLE   * Cuddles are great especially when I’m tired or upset but there may be times when I don’t want a cuddle but you should try to find other ways to provide me reassuring contact. * I love giving as well as receiving all these different types of physical contact |
| 1 RESPOND.   * As I get older I need practice sorting things out for myself, so wait-and-see can be a good first response. * I might get frustrated as I can’t always let you know what I want but be patient with me. I try really hard to tell you what I want or need. |