

Understanding Your Child Through Play

A Guide for Families

Inspired Minds ECC • Connect • Play • Inspire

Behaviour is Communication

Children express needs through behaviour.

- ♥ Have big emotions
- ♥ Struggle with transitions
- ♥ Act out or withdraw

I need support, connection, or understanding.



Pause & Wonder:

- ♥ What is my child trying to tell me?
- ♥ What do they need right now?



Play is the Foundation for Learning



Builds relationships



Supports emotional processing



Develops creativity & confidence



Makes sense of the world

Co-Regulation Comes Before Self-Regulation

Children learn to manage their emotions through us first.

- ♥ Stay calm and present
- ♥ Offer comfort and reassurance
- ♥ Name feelings ("That felt really frustrating")
- ♥ Be a safe, steady presence



When we co-regulate, we help build the brain for future independence.



4 Core Elements of School Readiness

1 Self-Regulation



Manage emotions, attention & energy

- ♥ Offer open-ended materials
- ♥ Follow your child's lead

2 Conflict Resolution



Navigate relationships with guidance & modelling

- ♥ Model calm problem-solving
- ♥ Allow time for uninterrupted play

3 Active Play



Movement supports brain & body development

- ♥ Encourage outdoor play
- ♥ Join in with curiosity

4 Reading Together Every Day



Early literacy creates a love for language, communication & reading

- ♥ Read with them every day
- ♥ Talk, sing & share stories

A Gentle Reminder

Every child develops at their own pace.

Connection, play, and relationships are the **true foundation** for lifelong learning.