

# 4 steps to independent play

1

Check their mood

Pick a time when your child is in a good mood, such as after they ate and are rested.

2

Limit distractions

Turn off all screens to limit distractions which can break their focus. Experiment with background music.

3

Keep things neat

Keep the play area tidy with a limited number of open-ended toys to keep them from getting overwhelmed.

4

Be available

When your child is engaged, be present but busy with a task and avoid breaking their concentration with comments.