

# Hello adults!

It's ok for us to:

**Stand back** – let children take the lead in what they are doing and how they organise themselves.

**See how the children get on** – observing children's play helps us to understand their strengths, preferences, what they are working on and how they problem solve.

**Lend a hand if they want us to** – we can offer help when a child asks or when we see a child needing help. This may be help to make something or asking questions to help problem solve.

**Ask for help too** – if we ask when we're not sure how to do something or need help, it shows children how they can get help too.

**Step in if needed** – we can all help to keep areas safe. Before interrupting children's play, consider if they are managing risks and how you can support children to solve any problems.

**Make something too** – some children may need help to get started. It's ok for us to join in and offer ideas, then stand back when they are ready.

**Tell them they are brilliant!** – share what you have noticed, what children have achieved and how they achieved it.

Information created by East Lothian Play Association.

To find out more visit [www.elpa.org.uk](http://www.elpa.org.uk)

Scottish registered charity SC030069

#chooseplay