

A Mother's 3-Step Guide

TOWARDS PURPOSEFUL PLAY & FULL PRESENCE

① Set The Mood

Start by creating an environment for focused play. Put away your phone, turn off the TV, be aware of background noise, lighting, and anything that could impact the senses.

*** PARENT NOTE:** *Are you wearing comfortable clothing? Have you gone to the bathroom? How can you create a full sensory experience for both YOU and your child? Allow yourself the opportunity to sink into presence with gratitude and awe.*

② Choose Wisely

Choose toys/books that are of interest to you. This might look like choosing building/creating toys vs. imaginative play toys like super heros or kitchen sets. Limit access to only a few toys and leave the rest out of sight.

*** PARENT NOTE:** *Infuse your creative genius into play sessions with your child – You'll feel nourished for tending to your heart and your child will feel the passion behind your actions.*

③ Start Small

Set a timer. Even 5 or 10 minutes of focused play will be rewarding to you and your child. Follow your child's lead. Watch to see what they focus on. Bounce between recasting what they are doing and passive observation.

*** PARENT NOTE:** *To embody the principles of full presence, witness the abundance of growth and exploration happening on the floor around you. The guru is at your feet.*

*** REMINDER:** *Like anything worth pursuing, full-presence play takes a devoted and committed heart. Give yourself grace to explore what feels nourishing for both you and your child. Have fun!*

This resource is in collaboration with Brooke French, children's Speech & Language Pathologist.

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