

DELICIOUS “DO’S” OF PLAY

As you PLAY with their resistance or refusal and LISTEN for the laughter, here are some specific things you can DO

- 1** Do say “YES” even as you say ‘no’
 “Oh no, don’t call me stupid. That’s my power word and turns me into the kissing monster”
- 2** Do take the less powerful role
- 3** Do be confused & bumbling
 You can’t quite figure it out. You can’t find them or figure out if the pants go on their head.
- 4** Do “just-miss” them
 You can’t quite catch them. They always get away.
- 5** Do let your child lead
- 6** Do bring affection
 as you threaten 1000 kisses, gobble up hitting hands & SNUGGLE those crabbies away.
- 7** Do make mistakes
 Take out the banana when they ask for milk. Walk into the closet when it’s time to go.
- 8** Do try a role reversal
 You take on their role or assign it to a stuffed animal. They get to be the adult.
- 9** Do rough house
 letting them “get you” as you make that delicious skin-to-skin contact.
- 10** Do have fun