



BE-TOGETHER ACTIVITIES

BE together! Enjoy the process of being together rather than focusing on the outcome or a specific goal. Have fun experimenting with play patterns that your child already loves or introduce new ones that you think you would enjoy as a team.



WHAT IS A BE-TOGETHER ACTIVITY?

It is a framework for something fun that you and your child enjoy together. There is a small pattern to make the activity predictable where caregiver *and* child EACH have a job.

SETTING A PATTERN IN PLAY

Setting a pattern to the play is important so your child can notice and become familiar with the routine and decide to join in. The caregiver may start out by observing what the child is doing and joining in OR begin modeling something that the child would enjoy. It can be a completely new activity or sometimes it can be an activity that you or your child previously did on your own that you now do as a team.

WHAT IS A BE-TOGETHER ACTIVITY?

Being a partner rather than a teacher or a coach. Think about guiding your child to learn about something that is important to your culture.

Watch what they have to teach you!

SETTING A PATTERN IN PLAY

If you start out by modeling the framework of a new activity, gradually transfer some responsibility to the child. If you start out by joining in the child's activity, gradually find a role for yourself. For example, if they are running and crashing into the couch, run alongside them and then provide more tactile input through tickles or squishes with a pillow when they land on the couch. Create a pattern where you run together to the couch, either holding hands or leaving at the same time from the same spot.



BE-TOGETHER ACTIVITIES

Think of engineering or joining activities that have your child's interests in mind. Create or join in activities from something that your child is already doing or that you know your child is already interested in. *If you know they are already interested in the activity they may be more likely to join in.*

PLAY EXAMPLES TO GET STARTED

- You do it + I do it with the same job (I.e. with pillows --> pick up & stack it+ pick up & stack it and then crash into the pillow pile)
- You do it + I do it with different jobs (I.e. you pass me the pillow and I stack it)
- We do it together (I.e. we hold hands and crash into the pillow pile together)



TAKE NOTE

Some children who are not used to sharing with others may need a model on how to give to get started. For example: your child really likes lining up cars, your job can be to hand them one car at a time that they then add to their line. *Show HOW to give, rather than expecting them to share.*



BE-TOGETHER ACTIVITIES

Adding changes to your play pattern is important to keep it more interesting and fun! By adding subtle changes to the pattern, it will help your child's attention and flexible thinking. They will be able to tolerate small changes as fun surprises (and not be startled by them). This will also help them see the fun in change and begin to expect small changes within the play pattern. *The small changes help hold their attention longer – so they don't get bored!*

VARIATIONS



Once you have a pattern set you can add small changes to the pattern.



MATERIALS

- bigger
- smaller
- different colour
- different object
- more or less objects each turn

TIMING CHANGES

- faster
- slower
- harder
- louder
- softer
- pauses for anticipation

POSITION/LOCATION

- inside
- outside
- bedroom
- hallway
- up & down vs. side to side

ROLE SWITCHING

- same job
- different job
- one after another
- same thing at the same time

