

A Playbook for Parents and Carers with children under 5

By Story Stitchers CIC

Flick Barry & Emma Brown



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To start, watch your child as they play.

Follow their lead and hear what they say.

Whether they love playing kitchen or with the toy car

Your child knows what they like – that's your north star.

Build around the way they play from transporting to spinning to organisation, from joining up to dropping and throwing to transformation.

The best tools of play might be a cardboard tube or a wooden spoon,

A roll of tape or a plastic plate to be the moon.

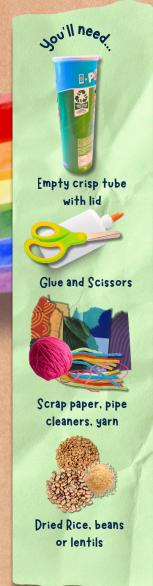
And when you are in need of inspiration, head to the library for a new way.

And let those stories inspire adventures and play.



Cardboard scraps, boxes and tubes
Plastic pots and tubs for sorting
Kitchen utensils, pots and pans
Tape
Crayons
Toys they love – cars, teddies, blocks
Library books







- Rinse out and dry the used crisp tube
- Decorate the outside of the crisp tube. You could use scrap paper, yarn, pipe cleaners and paint or felt tips
 - Leave the tube to dry, before putting the dried beans, lentils or rice into the tube
- Put the lid on and now you have your own musical shaker



You can shake it along to your favourite song and if you're stuck for inspiration head to our YouTube Playlist to sing along with Flick at home.







You are Rocket Designers.

A big empty box can become a rocket to fly.

Add wings and a nose to reach very high.

Add clean plastic pots to the back for extra zoom

And make your own gizmo board to help reach the moon.



Double up two bits of card to create layers and hide joins

Jam jar lids and popularity

Jam jar lids and pom poms





Pipe cleaners and beads









You are Astronaut Chefs.

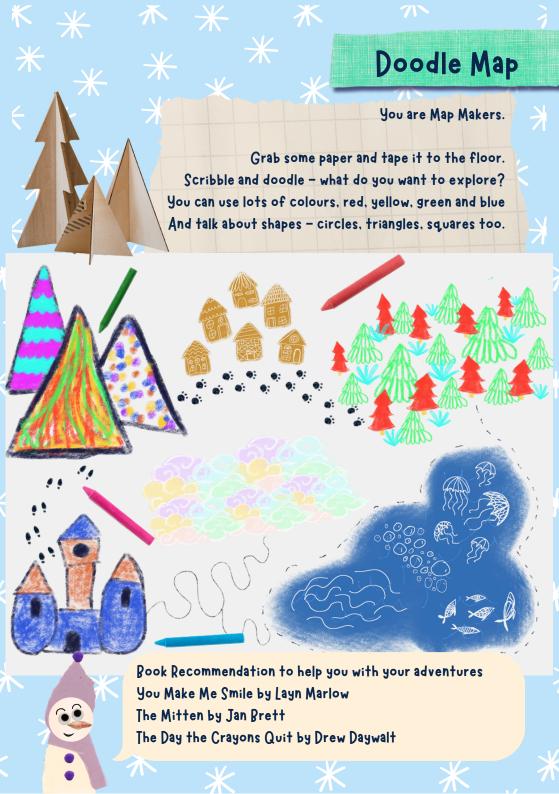
You're a top baker and run the best Cosmic Cafe.
From crater cookies to comet cakes, you make astronauts happy.
Your recipes are simply out of this world
As you squash, squeeze, smash, spread, roll and swirl.

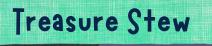
Find our tried and tested playdough recipe here...



The Way Back Home by Oliver Jeffers







You are Swamp Pirates

You're on a mission seeking out new things.

A box full of fabric, pine cones, pegs and wooden rings. Some wool for noodles and some pots and some pans.

When the Swamp Pirates play, they play as hard as they can.

You can cut some shapes out of old cereal boxes and ask if your little one can find them





Table Fort

You are the Blanket Fort Builders.

Drape some sheets one, two, three.

You can use the table and the chair or the settee.

A blanket on the floor, bring your favourite toys, a torch and a book And play, read and cuddle in your own comfy nook.



Wonder Blanket

You are Wonder Weavers

Find your favourite blanket or a well loved rug

And shake out your hands, stretch your legs and head to the sky above.

High in your imaginations, there is much make believe

For these are the wishes and the wonders you weave.

Maybe it's a mighty mountain that shakes or a shimmering lake that sings.

Flip it, it flutters, it's a magician's cape or even a dragon's wings.

Maybe it's a doctor's bed for when your teddies are sick

Or it's a flamboyant hairdo or snow so thick.

Maybe it becomes a bag for an explorer, carrying your things As you boldly step through a forest of guitar strings. Maybe it's a carriage on a bright purple train Or some wibbly building supplies for a wobbly jelly crane.

Whatever it becomes and the possibilities are endless When you weave wonders, they are wonders tremendous.



Book Recommendation to help you with your adventures Misha Makes Friends by Tom Percival Not Just a Blanket by Annaliese Stoney Stick by Irene Dickson

5 Top Tips to encourage play at Home



- Take Notice keep watching how your child plays
- Say what you See supporting language skills <u>development</u> by narrating their play
- Leave it out have a space at home that is for their play that they can come back to anytime
- Let them direct Let them guide the play
- Picture Books use them as inspiration for play, you can follow the words or make up your own using the pictures.

Visit our website:





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G Story Stitchers

Story Stitchers CIC use storytelling to build up a sense of belonging in both individuals and their community. We believe in new beginnings, the space to fail, challenging perceptions, building bridges, actively listening and providing a platform to be heard. We do this with pen and paper, recordings and conversations, computers and questions, photographs and paintings, movement and voice.