

Do's and Don'ts for Play Sessions

Based on Louise Guerney's first seven Don'ts, 1972

Do

1. Do set the stage.
2. Do let the child lead.
3. Do track behavior.
4. Do reflect the child's feelings.
5. Do set limits.
6. Do salute the child's power and effort.
7. Do join in the play as a follower.
8. Do be verbally active.

Don't

1. Don't criticize any behavior.
2. Don't praise the child.
3. Don't ask leading questions.
4. Don't allow interruptions of the session.
5. Don't give information or teach.
6. Don't preach.
7. Don't initiate new behavior.
8. Don't be passive or quiet.

Check your responses to your children.

Your responses should convey:

1. I am here.
2. I hear and see you.
3. I understand.
4. I care.

Your responses should not convey:

1. I always agree.
2. I must make you happy.
3. I will solve your problems.