



A GENTLE, PRACTICAL STARTER

More play & participation

One familiar moment. One small shift. A little more room for connection, curiosity, and ease.

Created by Caitlin, MS, OTR/L | Pediatric Occupational Therapist

This guide offers general educational ideas. It is not a substitute for individualized evaluation or care.

Start small. Notice more.

You do not need a perfect setup, a special toy, or a long plan. Start with one familiar moment and one small change.

01 Choose a familiar moment

Pick something already in the day: waiting for dinner, a few minutes on the floor, bath time, or a quiet moment after school.

02 Change one thing

Make the setup smaller, clearer, more shared, or easier to pause. One change is enough.

03 Stop and notice

What drew your child in? What felt like too much? Let that information shape the next try.

What would make this moment feel a little more possible?



Build in flexibility

A play idea does not have to look the same every time. When something feels hard to enter, change the demand before abandoning the idea.

Make it smaller

Offer one item, one turn, or one short invitation instead of the whole activity.

Make it clearer

Show the first step, use a simple visual choice, or place materials where they are easy to see.

Make it shared

Sit nearby, copy a playful action, or narrate what you notice without adding pressure.

Make room for a pause

A break, a change of position, or a quieter corner can be part of participation too.

Change the materials. Change the position. Change the role. Change the time.

Use what you already have

1. A small tray

Put two or three interesting objects on a tray. There is no right way to explore them.

2. A hidden surprise

Put a familiar item in a container, bag, or plastic egg and see what happens when it is found.

3. A picture match

Use simple pictures, colors, or objects to make a relaxed matching or turn-taking game.

4. A movement path

Place cushions, tape marks, or safe stepping spots to invite a short route.

5. A cozy reset

Prepare a low-pressure corner with a book, soft item, or quiet activity ready for when a pause helps.

Keep it open

Stop while it is still going well. Leaving some room for next time can be useful too.



FOR NEXT TIME

Keep one tiny note

You do not need to track every detail. Pick one question that feels useful and let it shape the next invitation.

What seemed to draw my child in?

What felt easier than I expected?

What seemed like too much today?

What could I change next time?

What is one small win I noticed?

KEEP EXPLORING

More from JuegoHouse

Read what feels relevant, save what you want to return to, and leave the rest.

How Much Adaptive Equipment Do You Really Need?



One Simple Play Setup, Three Ways to Adapt It



Plastic Eggs Beyond Easter



To Play or to Learn? Why Children Need Both



Practical, evidence-informed ideas for play, participation, and inclusion.

Questions? Visit juegohouse.com/contact or email hello@juegohouse.com.

Artwork is original AI-assisted illustration. Children shown are fictional and are not clients.