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SOLITARY

(Natural step in play development)



Solitary play involves:

- Child plays alone and maintains focus on the activity, appears to be uninterested or unaware of what others are doing.
- Completely engrossed in playing and does not seem to notice other children.
- Exploring all aspects of their environment from the sound of their own voice and the feel of their own body.
- Play themes that involve their own body with one simple action e.g. bath, meal, bed, grooming.
- Functional use of an object e.g. toothbrush, cup.
- Using similar objects, imitating familiar actions.



Parents supporting their child's solitary play will be:

- Providing a variety of safe places for play and a variety of appropriate resources and experiences for exploration and play.
- Providing a sensory environment.
- Playful when sharing routines e.g. bath time- involving songs, rhymes, stories and pictures.
- Providing language and encouragement during routines and play times (e.g. songs).
- Sharing and naming feelings and emotions

Solitary play promotes:

- Learning to entertain themselves
- Fostering future independence
- A sense of initiative
- Developing creativity and imagination
- Building self-esteem
- Exploring new ideas

- Making discoveries
- Solving own problems
- Working through feelings
- Developing concentration
- Persistence and resilience
- Completing/ following through a task

