

Setting up the Environment for Success

Problem solve with parents ways to set up a defined space for play sessions and minimize distractions. A few minutes setting up the space at the beginning of the session is time well spent.

- Minimize the number of toys and distractions present. Ideally the only toys accessible should be ones that can be used as part of the session.
- Sessions should take place in a well-defined space with enough room to move and be active, but not enough room to easily 'escape'. The child's bedroom may be a good option. An area can also be blocked off using furniture, e.g. moving a coffee table.
- There should be more than one 'activity zone' within the space. This might be as simple as some floor space for floor play, a low table for tabletop activities, and an armchair or beanbag for sensory social or book routines.
- Toys should be in containers where possible and should be accessible to the child, but out of the way – e.g. off the floor or around the edges of the play space.
- If the child is easily overwhelmed or distracted, only 2-3 choices should be available at a time.
- Containers for toys might be Ziploc bags, Tupperware/empty food containers, mesh laundry bags, empty linen packaging, etc. etc.