

Playful Obstruction

This is a technique in which you interrupt your child's play in a playful manner. This can be done with toys or motor activities.

Use an Anticipatory Phrase

- Always repeat the same phrase before you interrupt, to let your child know that something is about to change. Ex: "I'm going to get you." "My turn." "One, two, three, stop."
- Use big movements, along with the anticipatory phrase, so that your child can expect the interruption. Ex: Placing your hand over the top of a chute during ball play, while saying, "And...stop!"
- If your child protests, respond by letting them continue their play.
- If your child requests the interruption, go ahead and interrupt the play.

Present a Playful Obstruction

- Once you have used an anticipatory phrase, try playfully blocking what your child is doing, or gain access to the toy of interest.
- Interrupt your child's play in a way that makes sense. If they are playing with a car, block the path with another car and say, "Beep, beep."
- You can use a blanket, puppet, or another toy to gain access or block play. This can seem less threatening than using your hand.
- When covering up your child's toy, ask "Where did it go?" Wait to see how they respond.
- If your child is walking or running around, playfully get in the way of where they are trying to go and say, "Here I am."

Wait for your child to engage or communicate

- Look for eye contact, shifts in body posture, gestures (pointing or leading by the hand), vocalizations, or words.

Respond to your child's communication

- Respond to your child's communication by giving them what they want, or stopping the interruption if your child is protesting.
- Do not interrupt if your child protests before you obstruct play.