



PLAY: Functional 2 [F2]

Child plays with toys in simple pretend ways directed to self

Purpose

- To help your child take on more of a role in his/her pretend play.

Description

This occurs when the child uses a toy to act on his/her self. Playing with toys in a functional way directed to self shows the child is starting to understand that s/he can take an active role in play. It also shows the emergence of pretend play.

- Pretends to drink out of a cup
- Pretends to wash face with wash cloth
- Puts a bandage on his/her own arm during play

Activities

- *Dressing/Getting Ready for Bed:* Pretend to brush hair/teeth using a mirror before actually doing the activity
- *Playtime:* Use a doctor kit and have child pretend to listen to his/her own heart. Another option would be to pretend to have a play picnic and have the child set places for everyone. You could even have a pretend phone and make the phone “ring” so your child will “answer” the phone.
- *Meal Prep:* Your child can pretend to cook or to feed himself/herself while you are making lunch or dinner. You can model skills, talk to him/her about what everyone is doing, or encourage him/her to help you set the table or stir food.



Strategies

- *Provide visuals* – show your child pictures of himself/herself or another child (e.g., sibling) doing pretend activities (i.e., pushing a toy truck and making truck sounds; feeding yourself with an empty spoon and saying “yum”) or playing in simple pretend ways to encourage him/her to engage in simple pretend play (i.e., using toothbrush with no toothpaste and pretending to brush teeth, then having child do it with his/her toothbrush; for dressing, having some of dad’s or mom’s clothes near child and encouraging child to put them on and “be” dad or mom)
- *Incorporate pretending and toys into routines and activities* – use everyday routines to model pretending (e.g., when you’re brushing teeth, have a toy toothbrush near-by to “pretend” to brush teeth too)

Suggested Toys

- Toy doctor kit
- Toy foods
- Play phone
- Grooming toys
- Kitchen toys

Goal Mastery

An ASAP Goal is mastered if your child meets ALL of the following criteria:

- ☐ Shows the skill at least three times
- ☐ Shows the skill during different activities or in different settings such as during snack time, during playtime, or at the grocery store.
- ☐ Shows the skill with minimal help or support from an adult