

# MindBuilders' Play Manual

Practical Ideas for healthy Development, Play and Behaviour at Home

Sibylle Janert

## MindBuilders' Play Manual is

- a collection of very practical suggestions for a healthy home environment with lots of ideas for activities that cost very little money
- for families, babies and children diagnosed as autistic, and from many different cultural, ethnic, religious, educational or class backgrounds, family situations and traditions

## MindBuilders' Play Manual aims to

- inspire those who say 'But I don't know what to play with him!' with new ideas for playing together
- encourage interactive and social play in families, between parents and their children as well as between siblings
- empower parents to help their children to develop to the best of their potential and make sense of the world

## Play is to early childhood what petrol is to a car

Play is the best way to help children with developmental delay or additional needs, including autism, because it promotes brain and mental growth through emotional engagement and relationships with other people.

Lack of play is dangerous for all children and our whole society, because the child misses out on crucial and mind-building experiences.

But modern children increasingly spend their time with electronic devices instead of actively playing, exploring and interacting with the world and people around them.

## Sibylle Janert

is a psychologist with almost 20 years experience of working with babies, young children and families living with developmental delay, behaviour difficulties and/or autism. She works as a home consultant and also runs workshops, training and study groups.

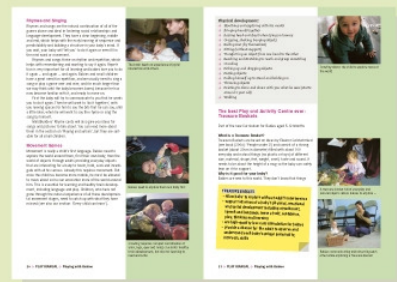
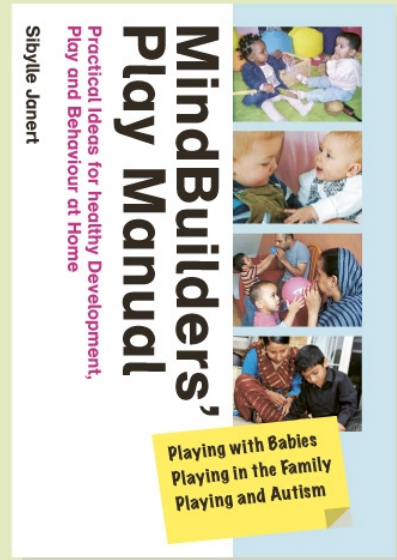
## Contents include

Games to play with your baby – Babies with play and relationship problems – Pre-autistic warning signs – Stories of successful early intervention – What is a parent's job? – Dealing with difficult feelings – Rules for confident parenting – Creating space in small flats – How to choose good toys – TV-addiction and the problem with electronic toys – Eating problems – Bedtime trouble – Toilet training – Autism does not have to be a hopeless condition – How to reduce the severity of a child's autism? – 'If only he'd talk, he'd be alright.' – Engaging autism through play – DIR-Floortime – Play and Language for Autistic Youngsters – Your home as your playground

## How to buy it

ISBN 978 0 9557866 4 8  
Paperback with flaps,  
160 pages, 450 full colour pictures,  
hundreds of different playful activities  
**Mindbuilders-consulting.org** or  
**Amazon.co.uk**

**PLAY MATTERS,**  
because 'play is the language of  
childhood.'



So many ideas for play, and they cost almost nothing! Even families with no money can afford what this book is about!



'The way you know, that you are playing at the right level, is if everyone is having fun.'  
Dr. Solomon