



**Child Connection**  
Parent Coaching with Allyn Miller

# **Playful Parenting**

3 WAYS TO HELP  
YOUR CHILD THRIVE  
IN A PLAYFUL HOME

by Allyn Miller

# Hello!

Before you join the workshop I want to acknowledge you for taking this step to becoming a more playful parent.

We aren't here to be perfect parents, and we can always find ways to learn and grow.

This is an invitation: an opportunity to consider what play means to you, what play looks like in your family, and how you can infuse play into everyday moments.

## HOW TO GET THE MOST FROM THIS GUIDE

Preview the guide and use it to take notes during the workshop. This will help you capture the most important concepts.

Revisit the guide to refresh your playful energy and bring in more ways to play.

# Getting Started

Where are you right now with play in your parenting?

- When I think about playing with my children I feel:

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- It's hard for me to be playful when:

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- As a child, my favorite way to play was:

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- As an adult, my favorite way to play is:

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Method #1

# Play to Connect

Important concepts:

- Children have a core need for \_\_\_\_\_.
- Any \_\_\_\_\_ is the child's best attempt to get their needs met.
- As parents we can tune in and recognize when our child is in a "tower of \_\_\_\_\_."

*Bring It Home - Ways to Play:*



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# Method #2

## Play into Confidence

Important concepts:

- Children have a core need for \_\_\_\_\_.
- Children will grasp for \_\_\_\_\_ or hide in \_\_\_\_\_ when this need is unmet.
- We can recognize when our child is in a "tower of \_\_\_\_\_."

*Bring It Home - Ways to Play:*



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# Method #3

## Spontaneous Play

Important concepts:

- Play is a signal of \_\_\_\_\_.
- It is impossible to feel \_\_\_\_\_ and \_\_\_\_\_ at the same time.

*Bring It Home - Ways to Play:*



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# Ready to navigate power struggles *without yelling or bribing?*

... And feel confident you are raising kids who will thrive in life?

***Let's get started today.***

- ✦ Uncover your strengths (because I know you're already a great parent).
- ✦ Get clear on a specific challenge in your family.
- ✦ Highlight what you hope to achieve with support.
- ✦ Choose your next step forward to create the change you desire... and deserve.

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