

# WELCOME TO Work & Play

*we're so glad you're here!*



HEY, HOW ARE YOU?

**We know parents.**

We know families.

We know young children.

And we know how to:

**MENTOR**

**SUPPORT**

**LISTEN**



**Can you relate?**

- Tantrums take over my house
- Bedtime routine is a nightmare
- I question my parenting decisions
- Overwhelmed and pressured by expectations
- My days are spread too thin





**We are parenting mentors.**

**WHAT MAKES US EQUIPPED TO DO THIS WORK WITH PARENTS?**

Connecting as parents offers a huge benefit.

## **Meet Emily Boucher & Amy Mockbee**

### **TWO REAL-LIFE MOMS AND EDUCATORS.**

We each have our masters in education with 30 years of experience in classrooms and as school administrators while also doing the work at home as parents ourselves (with eight children between us!)

Through Work & Play we:

- Mentor parents
- Inspire young children to play
- Provide workable, individualized parenting strategies
- Guide parents during transitional times with children

We are ready to meet you right where you are today.

If you are in infant years, preschool years or way beyond, now is the time to dig into the work (and play) of parenting!

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**WWW.WORKANDPLAYECC.COM**

# What can you do right now?

OUR TOP TIPS AS WE BEGIN THE WORK & PLAY EXPERIENCE:



**CONNECT.** Through language, song and stories. It sounds simple enough but talking through what you're doing or how you're feeling to even the youngest of children is hugely impactful.



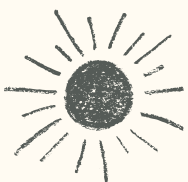
**CELEBRATE.** Even the smallest victories. When trying something new or rallying despite a new routine, notice what you appreciate and admire about how you managed the day. A simple dance around the house or candle in dessert will do the trick.



**ROUTINE.** It's hard to know what to expect as a parent. Routines help anchor the day. Kids love to know what to expect and so do grown-ups. Having a rough idea of how your day will unfold helps everyone in the family feel grounded. A calendar white board the whole family can see to map out the week ahead is a great place to start.



**GRACE.** Things will go awry. Give yourself some grace. Children will have meltdowns. Your best laid plans will disintegrate. Parenting is messy, folks. Set aside self-care time to center your body and relax. Tomorrow will be a new day.



**GET OUTSIDE.** When things feel way too much- get fresh air, walk around the block or even a few deep breaths outdoors can really reset the mood.

# Work & Play



## Your Toolkit: Let's Start the Process

OUR HANDPICKED TOOLS CAN BE COLLECTIVELY USED FOR ALL AGES

### Tabletop Easel Paper Roll



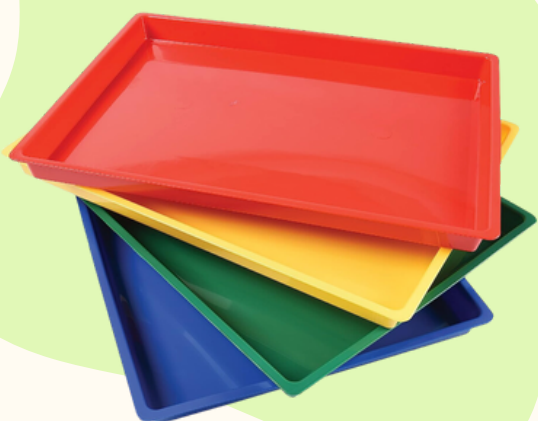
Clear off your kitchen table, roll out the paper and let creativity begin. Doodling before dinner is a great way to engage with your kids.

You don't need a beach trip for sensory experiences. Kinetic sand stimulates imagination without the sandy mess.

### Kinetic Sand



### Art/Sensory Trays



Whether it's paint, play dough or kinetic sand (above), keep your busy artists organized with sensory trays to avoid multiple clean up stations.

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Art projects are just the beginning! Toddlers and big kids love to play with tape and use on chairs, paper and for making roadways/play areas.

## Colored Tape



## Animal Playsets



You may find these animals in your kids' pockets at the end of the day, but they're also great for mixing in with your kinetic sand, slime, or play dough. Line them up in your sensory tray and enjoy the fun play .

From 2 to 12 year olds, tiles are the ultimate building tool that will keep your kids busy for hours.

Clear some space on the floor and let their imagination run wild with building ideas.

## Picasso Tiles



## Dot Markers



No mess/washable markers created for layered learning, giving kids the chance to plan and think while expressing themselves through art and improving hand eye coordination.

# Work & Play



Parenting is one of the most personal and intense experiences. There is NO one way to do it.

Our expertise, experience and mindset allow us to advise, support and guide parents to be the parents they want to BE.



Start planting the seeds now to create strong learning habits.

**Work & Play can help.**

THIS PARENTING JOURNEY WAS NEVER MEANT TO BE DONE ALONE.

