

PLAYFUL PARENTING HACKS

Structure for YOU
Fun for Kids

BY MEGHAN ENGLERT



Introduction **PLAYFUL HACKS**



Welcome!

You are going to want to save this guide!
Save it to your phone, print it out and put on
your fridge, and keep a copy in the car. You
can easily play these games or use these
hacks at home with little or no materials,
and just a few minutes out of your day.

Feel free to reach out if you have any
questions or need any extra guidance:
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- Meghan Englert

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**"Children don't say,
"I had a hard day
at school today;
can I talk to you
about it?" They say,
"Will you play with
me?"**

**— Lawrence J.
Cohen, Playful
Parenting**

Section 1

THE GAMES

Hacks to Stop them in their Tracks without yelling

These first 4 games are fun, quick, and easy games that do NOT involve stepping on Lego®, spending hours on a board game, or being bossed around in Play

Look Up, Look Down, Look at Me



1

Using an excited tone, give easy directions in rapid succession. There is just something to accomplishing tiny tasks that keeps the success and motivation going. Say, "Look up! Look Down! Look at me! (end with what you want them to do)"

If You Can Hear Me...



2

Same as above, use an excited tone and give easy directions, starting with the prompt, "if you can hear me..." Give 2-4 easy instructions, ending with what you want them to do.

Whisper



3

If your kids are super loud and are not focusing on you, fight against the instinct to get louder than them. If you get louder, it will model for them that getting louder is the thing to do. Not what we want! Instead, use a loud-ish whisper to try to hook them back in. You bring the calm, and they will join.

Palms Up



4

If you need to tell your child something, sit on your knees and put your palms up. Your kiddo will probably be curious and will put their hands on yours. In most circumstances, you won't need to say anything- the curiosity will drive them. But if needed, you can invite them with a whisper. Then see if they can see themselves in your eyes like a mirror. Once they are making eye contact, give them your simple directive.

Hacks for Smooth Transitions

It is POSSIBLE to form connections during the dreaded transitions!

Check out these 3 engaging games that will save your parenting sanity!

Car Races



5

Ask your child what color their car/truck/motorcycle is and ask them to start their engines! Tell them that when you say, "Zoom!" they get to drive their vehicle. When you say Erk! (car screech sound), they stop. I like to practice this first by driving towards you, and they get a big hug at the end. In the real world, this is so helpful to get going and out the door as well as a helpful substitute for "STOP!"

Go to Sleep



6

When played this enough, your kids will remember what to do when you say, "Little children go to sleep!" They should drop to the ground exactly where they are. When you say "When you wake up, you will be a ..." (insert animal, vehicle, superhero, etc.). Give 2-4 fun, pretend directives, and end with what you need them to do.

When I Hear the...



7



Find something that makes sound and have it available. Tell your kids, "I'll know you... (insert job like finding shoes, putting on a jacket, going to the bathroom, etc.) when I hear the..." (sound that you had set up. It is a really fun motivator-especially if you act surprised to dance around with them to celebrate!



Section 2

THE PRACTICE

Pick just 1 game a week to focus on and practice 2-3 times that week.

1

Pick one Game a week to practice

Pick one game a week so that you and your family become familiar with it. Pick a neutral time to practice these fun games. Not when you need the skills to work immediately. Practice makes these games more effective.

2

Take 1-2 minutes to practice

Use role plays to practice. Make up a scenario where you need their attention, need them to accomplish a task or need to leave the park.

3

Switch Roles

Take another 1-2 minutes to practice the same scenario, but switch roles. Let them be in charge and act as the adult. You get to be the kid. This helps them really get to know the rules, structure, and boundaries.

About MEGHAN

I was a family and play therapist before I had kids.

Now I am a therapist turned Certified Clinical Coach®! I loved doing play therapy, but I soon realized... playing with my own kids isn't actually my favorite thing to do. Over the years, I have learned how to make play pretty fun (for me!).

As a result, I have been able to navigate those pesky childhood challenges with ease. Now I have the energy to help parents like you do the same!



DO YOU NEED MORE HELP?

[SCHEDULE A CALL](#)



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Want to **CONNECT?**

STEP 1: Book a FREE 20 minute initial consultation

What do you **NEED?**

STEP 2: Tell me what you are struggling with and together, we will discuss an action plan.

What if we aren't a **GOOD FIT?**

STEP 3: If my program isn't for you, I will give you the referrals you need.