



Becoming a Creative Playmate Guide

Embrace the messiness of parenthood and start becoming a creative playmate in your family!

Hello mama,

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

I'm Cassidy, Ontario Certified Teacher, mom of a 5y/o tree climber and the founder of Enjoy the Process Art Studio in Toronto, Canada.

I've created this challenge for mamas who's ready to become a creative and playful parent. For so many of us, our desire to provide our children the best childhood in today's social media-influenced world often have us either avoiding messy activities, buying toys after toys or spending so much energy to curate the perfect sensory bin that end up making us less of a fun parent.

If you're nodding along, then hello mom friend! You're not alone and this challenge is going to help you break out of being perfect and help you to become the most creative and playful mama you've always desired.



Are you ready?

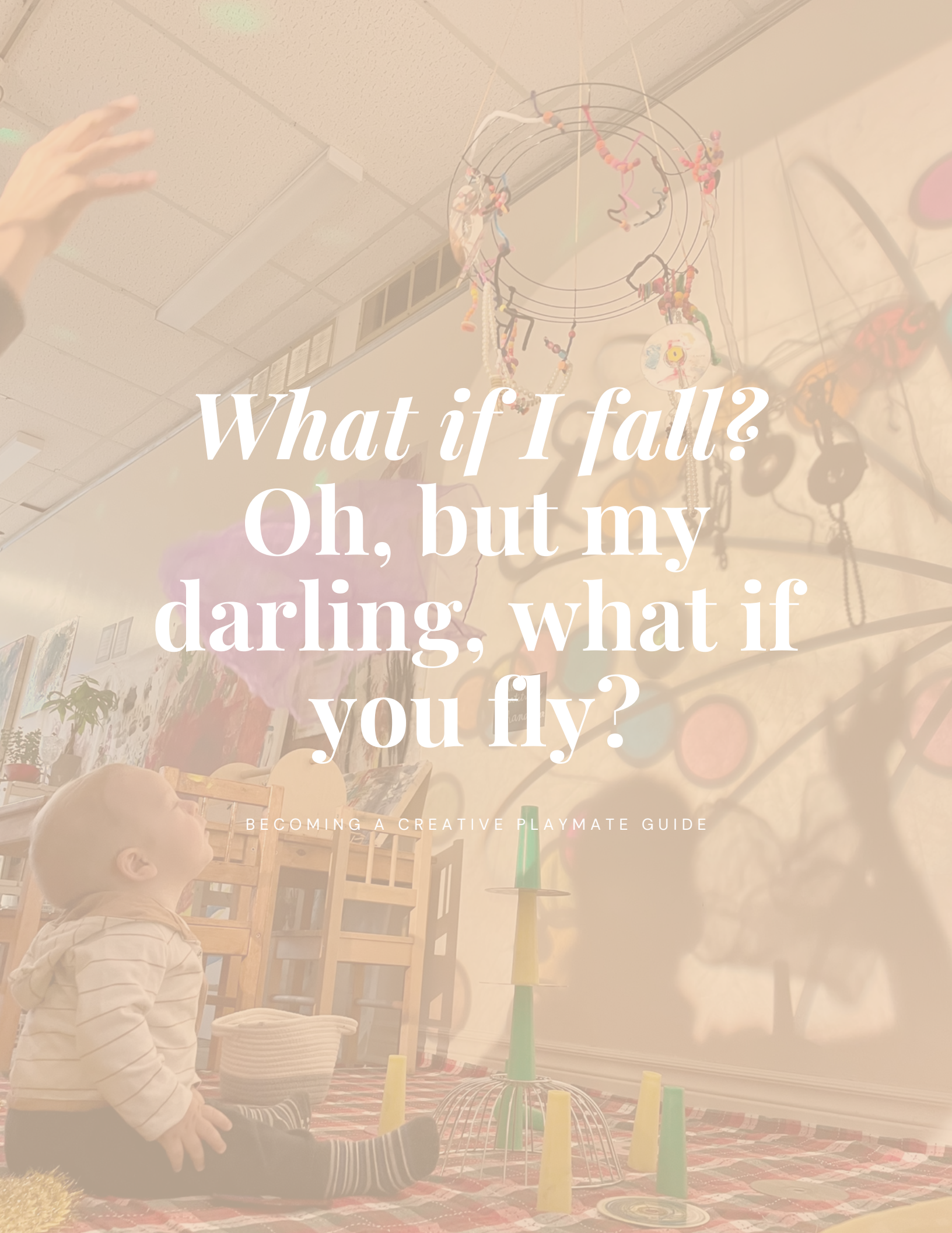
LET'S BEGIN!

Cassidy
XX

BECOMING A CREATIVE PLAYMATE GUIDE

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*What if I fall?
Oh, but my
darling, what if
you fly?*

BECOMING A CREATIVE PLAYMATE GUIDE

Getting Started

STEP ONE

1

COMMIT TO THE NEW ROUTINE

I believe you're here because you want to and are ready to change the way you play with your child. Whether you're going to adapt to one or all the ideas from this guide, give yourself the chance to grow by committing to the new routine for at least 21 days. After that, if you decide you've learned nothing helpful, you're welcome to delete this file and move on.

STEP TWO

2

TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP THREE

3

HAVE FUN

This challenge is all about taking messy actions. It's not about making anything perfect, but it's important for us to have fun along the way. So roll up your sleeves, get stuck in, but remember to enjoy this journey!

Ready to get started? Let's do it!

Creative Play with Young Children

The first step to becoming a creative & playful parent is to BE one.

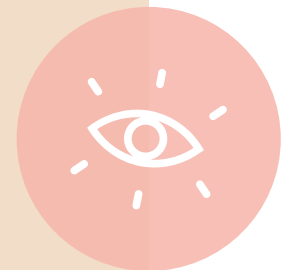
What is a quality a creative person has?

What about someone who is fun? Start acting like them by taking one small step every day.

Here are some Creative Playmate qualities you can embody right away.

1 • BE OBSERVANT

Take a moment each day to observe your child's play. What do they like to do these days? Is there something that they are obsessed with that they repeat over and over again? Knowing what your child's interests are is the first step of providing a creative and playful experience for your child.

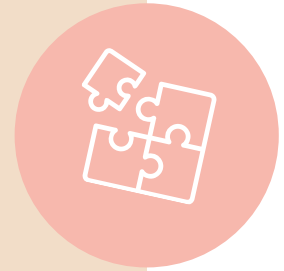


2 • BE YOUR CHILD'S FOLLOWER- IN NATURE!

There's no better way to follow your child's lead than to spend time in nature together! Whenever possible, venture outdoors for a nature walk and let them collect treasures like leaves, sticks, and flowers. Have conversations about these treasures and what do they mean to you in this experience.

3 • PLAYFUL TOOLS SCAVENGER HUNT

Now that you start to know WHAT your child is interested in and HOW to follow their leads, lets Discover the creative play things hiding in plain sight! This Spring, instead of heading straight to your favourite (online) store to buy new toys, go find simple items you can use as creative “toys” in your home. The plastic cap of your child’s fruit pouch, coffee grounds, mason jar hoop, etc. You’ll be amazed at the creative possibilities found in everyday items!



4 • TAKE ACTION

Here’s the real deal. You ready? Set aside time each day for a creative play OPPORTUNITY (this does not mean they have to play at this time). It can be towards the end of nap time or right before you’re going to make dinner. Lay out 2-3 items according to your observation. If it involves water or paint, offers ONLY a very small amount that could be cleaned with two wet wipes. Remember, this is about taking action, not being perfect. Our goal is to START providing playful opportunities that BOTH you & your little one will enjoy. One small step at a time. Have fun!



5 • REFLECT & OBSERVE

What did you like and didn’t like about the play opportunity? Did your child engage with the materials? Was the mess too big to clean up? Go back to observing your child’s way to play. Did they prefer to sit down and watch? Maybe give them a jar that they can practice opening and closing? Take pictures or videos of your observations.



My golden rules for setting up young children's play/ create invitations

1

ALWAYS USE A TRAY

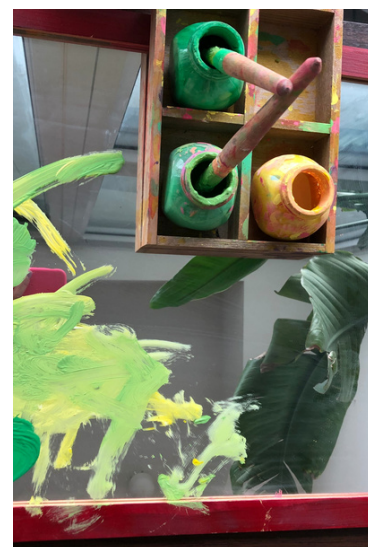
Using a tray to contain the materials for each play/create invitation changed my life as a mom and teacher. It helps keep the materials organized and makes setting up/ cleaning up so easy! Best of all, it allows your young child to help themselves starting day 1!



2

THE RULE OF THREE

When creating with young children (consider their age and experience), I always start with three items (i.e. Two paint colours + a brush). If it's overwhelming, take away an item. Underwhelming, add another material. You're welcome!



3

ONLY PUT OUT WHAT YOUR CHILD CAN CLEAN UP BY THEMSELVES

The last rule for making cleanup easy-peasy is to only put out what your child can cleanup independently (i.e. A full bottle of spilled paint is way too much for anyone to clean. Half of a shot glass worth of paint is considerably manageable for a one-year old to wipe...with help) They'll need your help at the beginning of this new routine, but the long term goal here is to help them see that cleanup is totally manageable, which is a responsibility they will learn to enjoy fulfilling.

Daily Routine

month:



DAILY
OBSERVATION

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FOLLOW YOUR
CHILD'S LEAD



PLAYFUL TOOLS
SCAVENGER HUNT



TAKE ACTION



REFLECT & OBSERVE

You've made it!



I really hope this simple challenge has helped you see what's possible and I really hope you've got lots out of it. Taking time to create change in our lives can set us on a new trajectory, it's so exciting to think about.

This challenge is just the tip of the iceberg and I'm so excited to see your creativity grow!

Find out more about our in-person service and digital products...

East Toronto Studio:

- [Drop-in Play & Create](#)
- [Birthday Party](#)
- [Summer Camp](#)

Digital Products:

- Learning Resources for Toddlers

[FIND OUT MORE](#)

LET'S STAY CONNECTED

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