



## BRINGING THE LESSONS HOME *for Families and Caregivers*



### GOING SLOW IS FAST

In child-centered play, the phrase "going slow is fast" means that by taking the time to follow the child's lead without rushing, you speed up their development of trust, emotional regulation, and long-term cooperation. While "fast" parenting (rushing, demanding, or doing things for them) might get you out the door quicker, it often slows down a child's internal growth.

#### WHY "SLOW" IS ACTUALLY "FAST"

- **Builds a Foundation:** Slowing down builds a solid foundation of relationship and trust. Once a child feels safe and connected, they are more likely to listen and cooperate voluntarily later, saving you time in the future.
- **Skill Mastery:** When you resist the urge to jump in and "fix" things (like tying their shoes or finishing a puzzle), you give them the repeated practice they need to master skills. This leads to independence much faster than if you always do it for them.
- **Emotional Intelligence:** In play, children use toys to process big emotions like frustration or fear. When you slow down and simply "be with" them, they learn to name and manage these feelings and increase their problem-solving skills, which improves behavior over time.
- **Deep Learning:** Children learn best through unhurried exploration. A child who spends 20 minutes investigating a single leaf is building deeper focus and curiosity than a child rushed through five different activities.

#### HOW TO PRACTICE "SLOW" AT HOME

- **Wait Before Intervening:** Instead of jumping in the moment they struggle, count to ten. Give them the "green light" to solve it themselves.
- **Narrate, Don't Command:** Instead of saying "Put the block there," try narrating: "You're putting the blue block on top of the red one". This builds vocabulary and validates their choices without taking over.
- **Dedicate time every day:** Whether you spread it out at various times throughout the day or spend 20-30 minutes every day focused entirely on your child, no phones, no agenda.

By embracing a slower pace, you aren't doing "less"—you are being more intentional, which leads to a more confident and capable child.