



A Pretend Day at Work

Pack a little bag and pretend to spend a day at work.

Helps Your Child Grow



Imitation and Symbolic Representation and Play

Acting out a workday gives your child a concrete way to organize what they know about adults leaving, working, and returning home.

Steps

- Give pretend family play a new theme: a day at work. Use the bedroom as home and the living room as the workplace.
- Let your child choose a job - firefighter, chef, teacher, or anything else that interests them - and set out a few simple props at work.
- Help them pack a work bag and say goodbye at the bedroom door: "Remember to say goodbye. See you after work!" Invite your child to say, "I'm going to work."
- Let them travel to the living room and do their pretend job for a while.
- When the workday ends, greet them at the door: "You're home! You worked hard today." Act out the return-home routine together.
- If work props come home too, remind your child to return them to the workplace, just as adults leave many work materials at work.

Tips

- If your child is unsure what to say before leaving or after coming home, prompt them: "What does Mom say before she leaves for work? What does she say when she comes home?"
- If your child has strong feelings about a parent going to work, use the game to talk about reunion: "When work is finished, I come home and see you again."

Observations

- Pretends to go to work and come home again
- Hugs you when returning home from pretend work