

LET'S PLAY!

PLAY IS IMPORTANT! IT SUPPORTS:

- Self-confidence
- Physical development, including coordination and body awareness
- Positive emotional development - children regulate frustration and practice empathy
- Connection with playmates
- Creativity and imagination
- Pro-social behaviors like sharing

KINDS OF PLAY

- **Social**- friendly competition or imaginative play with an adult or another child
- **Independent**- a child plays alone or alongside another person
- **Guided**- a caregiver can set the structure or suggest an activity
- **Structured**- a child follows directions, like when playing a board game
- **Unstructured**- a child does what interests them, like dressing up or exploring outdoors

WORKING IT IN

- Plan for play by scheduling it into your day
- Everyday tasks can be playful! Use your imagination
- Allow children to experience boredom

SEEK SUPPORT

- Group activities can help you learn from peers - see what your local library has to offer
- Engage in a parenting class to learn tips and tricks
- Talk to other parents

REMEMBER...

- Don't be afraid to get messy!
- Play comes with scrapes, falls and other small accidents from taking risks

