

## PHYSICAL DEVELOPMENT

- Adds to fitness and health

## SOCIAL DEVELOPMENT

- Children learn social skills (e.g. turn taking, sharing, listening)

## EDUCATIONAL DEVELOPMENT

- Allows children to learn about the world and practice new skills

## FOR CHILDREN

## EMOTIONAL DEVELOPMENT

- Allows children to express feelings and understand others' feelings



## WHY PLAY IS GOOD FOR CHILDREN AND PARENTS



### HAPPY CHILDREN

- Regular playtime leads to happy children and happy parents

## FOR PARENTS

### ENJOY TIME TOGETHER

- Parents can enjoy child's company away from stress

### A CHANCE TO CONNECT

- Playtime builds closer bond where parents can get to know child better

### REDUCE BEHAVIOUR PROBLEMS

- Children who have regular playtime with parents are likely to behave better

## TIP #1 CHOOSE GOOD TOYS

Lego

Dress Up

Pretend Shop

## TIP #2 BE PLAYFUL WITHOUT TOYS

Make Up Stories Together

Learn a Clapping Game

Dance and Sing Together

## TIP #3 CONNECT IN EVERYDAY ACTIVITIES

Play a "Match the Socks" Game While Sorting Laundry

Prepare and Cook Meals Together

Set a Timer to See How Fast You Can Tidy Your Toys

## THE BEST WAY TO PLAY

### SLOW DOWN

Give your child time to:

- Listen to what you say
- Respond to what you say
- Generate their own ideas

This builds their confidence, attention and language!

### FOLLOW INTERESTS

- Let your child choose the activity
- Know your child's interests and how they like to play

### ENCOURAGE

Make many positive comments.

"I like that colour you have chosen."