



PHYSICAL DEVELOPMENT

• Adds to fitness and health

EDUCATIONAL DEVELOPMENT

 Allows children to learn about the world and practice new skills



HAPPY CHILDREN

 Regular playtime leads to happy children and happy parents

A CHANCE TO CONNECT

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

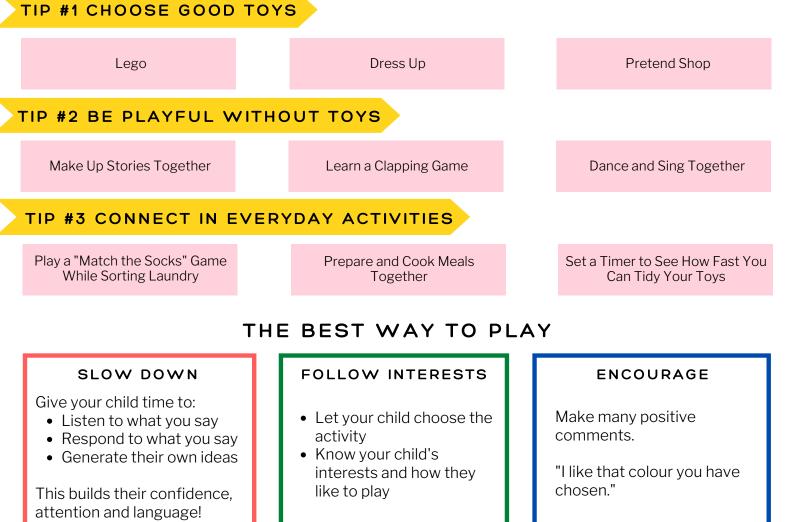
REDUCE BEHAVIOUR PROBLEMS

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

SOCIAL DEVELOPMENT

Children learn social skills (e.g. turn

taking, sharing, listening)



Reference.

Sharry, J., Hampson, G., & Fanning, M. (2016). Early years programme: Parent booklet (4th ed.). Parent Plus.

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FOR CHILDREN

EMOTIONAL DEVELOPMENT

• Allows children to express feelings and understand others' feelings

ENJOY TIME TOGETHER

Parents can enjoy child's

company away from stress

WHY PLAY IS GOOD FOR CHILDREN AND PARENTS

FOR PARENTS