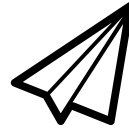


Playful Parenting Tips

BACK TO THE DRAWING BOARD



- Children learn creativity best with simple everyday objects
- Go back to the basics like paper, water, and empty boxes
- Follow those giggles and your child's lead
- Try fun physical games, like animal yoga, dancing, building
- Create your own games and rules together
- Use all your senses... go outside and get messy!

PLAY IT BY EAR



- Children already know this one way better than adults do
- Yep, live in the moment! Be mindful of all that is around you
- Go ahead and let go, have no rules, or plans for the day
- See where the day takes you and honor the process
- Try acting out different feelings and puppet shows
- Children need 30-60 minutes of unstructured play daily

OVER THE MOON



- Be elated with the joy of being playful with your little ones
- Get really into the pretend worlds that you will create
- Play is the best way for children to learn and practice social skills, dealing with emotions, and problem solving
- Celebrate their successes and what makes them unique