

PLAY

is a child's work!



better beginnings
EVERY CHILD DESERVES OUR BEST

Play is a child's work, with benefits far beyond the obvious one: fun!

Social Benefits of Play

- Helps a child form meaningful relationships
- Teaches communication, negotiation, cooperation and compromise
- Helps a child experience trust, friendship and love

Emotional Benefits of Play

- Helps a child express feelings, develop empathy and cope with difficult situations
- Helps a child deal with emotions and regain a sense of control
- Helps adults understand a child's feelings

Intellectual Benefits of Play

- Provides ideas and problem-solving techniques
- Fosters curiosity, creativity and intellect
- Prepares a child for school
- Helps a child make sense of her world and function successfully in it

You play a valuable role in your child's playtime. Here are some ideas for getting involved:



Jump right in.

Playing together right from the start helps build the foundation for trusting relationships and helps him become a happy person.

Forget the rules.

Encouraging exploration, creative play and "make believe" enhances the development of imagination.

Think like a child.

Make up games. Play with toys and safe household objects in new ways.

Let a child guide his play.

Allowing the child to pick the activity and decide how it's played gives him confidence.

Take a break.

Playing alone gives a child time to process what she has been doing. Watch – if she is happy, leave her alone. If she seems bored, re-direct her activity.

Participate enthusiastically.

Being part of your child's play encourages his imagination and self-esteem.

Watch out for overstimulation.

Stop playing when your child has had enough – an infant will turn his head or start to fuss.



Click here to visit our Resource Library. You'll find activities and tips to help you prepare your child for life.

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