

## **Family Friday: Seeing Play through the Eyes of the Child**

**Week of the Young Child  
AR Children's Week  
2016**

### **Seeing Play through the Eyes of a Child:**

Playing with your children builds a bond that will last forever. It helps the parent get to know and understand the uniqueness of each child. Children crave time with parents. Parents are encouraged to find time to spend playing with their kids on a regular basis.

In pretend play, here are some ways to enhance your play experience with your little one:

- Let the child develop the theme
- Get into their world.
- Let them go with it.
- Ask questions.
- Play along.
- Be silly along with them and have fun.
- Avoid over-stimulation.
- Know when it is time to stop.

Also, when appropriate, parents can use stuffed animals or puppets to act out real-life situations that can teach problem solving or social skills. Let the puppet demonstrate the wrong way to handle a situation. Then, along with input from the child, act out a better way. Afterward, let the child do the same.

### **Possibilities of Play with your Child**

- Play outdoors. Throw balls. Push kids on swings. Make mud pies. Go on a hike around the neighborhood. Take a nature walk in your backyard.
- Play games – card games – board games – silly and wacky kid's games. Teach them how to take turns and how to win and/or lose.
- Get involved in a craft project together. Build a jigsaw puzzle as a family. Bake cookies. Paint a picture.
- Listen to music together. Sing along. Play rhythm instruments along with music. Get out the guitar or keyboard and make music.
- Play kid games like: Follow the Leader – Guess What I Am? – Hide and Seek – Red Rover – Leap Frog—Jump Rope

