

# THE POWER OF Play

Play is more than just fun—it's how children learn best. Through play, kids build strong bodies, creative minds, and important social skills. Whether it's running, climbing, pretending, or creating, play helps your child grow in every way.

## OUTSIDE

### Hop, skip, and jump

Encourage your child to move freely in the yard or park.

### Playground fun

Climbing, swinging, and running build strength and coordination.

### Water play

On warm days, let your child enjoy water play with a sprinkler or simple containers.

## INSIDE

### Dance party

Turn on some music and dance together.

### Create a play space

Use string or tape on the floor to make a simple balance beam, or get creative with an indoor play set using pillows, cardboard boxes, or other household items.

### Pretend play

Let your child's imagination soar with simple make-believe games.



## TIPS FOR ENCOURAGING PLAY

### Let your child lead

Allow your child to choose how they want to play. This fosters creativity and independence.

### Keep it simple

Everyday items like boxes, balls, and chalk can be just as fun as fancy toys.