



Children Learn Through Play

Babies, toddlers, and preschoolers learn through play. **Play should always be fun!**



Start to play early

- Babies love to look at faces. Hold your baby close. Make funny faces and noises.
- Do rhymes and sing songs. Your baby will learn new words. You will both have fun.
- Teach your baby to clap and wave.
- Hide and find toys together.
- Pass a toy back and forth.

Playing helps children move and grow

- Dance to music together. Shake your arms and legs. Hop and jump.
- Take your children to a playground. Help them go down the slides. Watch them climb and jump and run.
- Kick a ball back and forth. Throw a ball or a Frisbee. Find other children to join in the game.

Playing helps children understand numbers

- Teach your children number rhymes and songs like One Two, Buckle my Shoe, etc.
- Count fruits and vegetables when you go shopping.
- Compare objects. Say things like: "Throw me the small ball."
- Ask your child to point to two cars.



Playing helps children solve problems

- Play Peekaboo. Cover your face with your hands. Then pull your hands away and say, "Peekaboo!"
- Give children puzzles to solve. Encourage them not to give up if you know they are able to complete it.
- Help them learn how to take things apart, and put them back together.



Playing helps children get along with others

- Give children the chance to meet other children. Take them to the park or the playground. Go to story time at the library.
- Encourage them to share their snack, toys, and books with other children.
- Praise them when they are kind and generous with other children.



Playing helps children learn new words

Every time you play with your children, they learn new words. Every time they play with other children or other adults, they learn new words. Playing is an easy and fun way for children to increase their vocabulary and to learn about the world around them.

REMEMBER: Let your children choose the activities they want to do. It is OK to stop and not finish.
Play should be fun.