

Bringing Back the Fun

Enjoying Time With Your Child

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Why Children Need to Play

Play is extremely important
and promotes:

- Social Skills & Development
- Language
- Problem Solving
- Brain Growth
- Physical Health
- Emotional Well Being



A woman with long braids is blowing a bubble for a young boy with Down syndrome. The boy is looking at the bubble with interest. The woman is holding a pink bubble wand. The background is a soft-focus outdoor setting with greenery.

Misconceptions About Play

- Play time takes away from learning
- Babies don't need to play
- Play involves lots of toys
- Play involves expensive toys
- Children need to learn to play without adults

Why We Want to Limit Time Child Spends Playing Video Games

Limited opportunities for:

Interacting socially
with others

Using language

Being creative

Moving body



Why Do We Play With our Child?

- Helps our children build skills
- Demonstrates that child is important
- Model positive behaviors
- Shared enjoyment



What Gets In the Way

- Time
- Patience
- Choosing activities
- More than one child
- Worry about mess



What Not to Do:

1

Attempt to
engage when
you are
rushed

2

Watch from
the sidelines

3

Have too
many rules

4

Focus too
much on
winning

Playing with Your Baby

- Keep it simple
- You are their favorite toy
- Follow their expressions and reactions
- Read books, sing songs, do fingerplays
- Learn when they've had enough





Playing with Young Children

- Get on their level
- Follow their lead
- Be curious
- Encourage movement
- Play make believe
- Share their joy



Playing As A Family

- Shows that enjoyment is valued
- Can involve all children at once
- Relieve stress
- Experience making group decisions
- Shared joy