

Benefits of Play for Children



Heart

- Increases a child's confidence and self-esteem.
- Helps children adjust to new school environments.
- Helps children learn leadership skills, how to share, and advocate for themselves.
- Supports healthy relationships! Play helps children feel loved, build trust, and develop communication skills.
- Provides children with the skills to overcome challenging situations.



Body

- Improves children's fine motor skills which may help them complete everyday tasks like brushing their hair or using a spoon and fork.
- Supports active and healthy bodies!

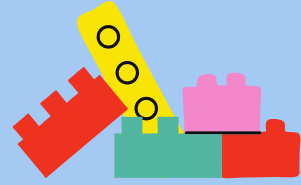


Mind

- Supports children's learning, problem solving skills, and language development.
- Supports healthy brain development.



Play supports parent and child bonding, healthy relationships, and social-emotional development!



What does the science says about play?

- Research says that you do not need expensive toys to improve a child's play.
- Play allows caregivers to engage with their children and develop a healthy relationship.
- When children play with their caregivers, it makes them feel loved and special!
- Play that is active (running, jumping, or dancing) can help prevent obesity.
- Make play a part of your routine! This could be once every day or once every week.

Ways to play!

- Play pretend with your child
- Use stuffed animals, dolls, puppets, or whatever you have
- Play card or board games
- Do art together: paint, draw, and color
- Sing, dance, or go for a walk in the park together
- Fully engage with your child
- Smile at them, laugh with them, and encourage them
- Most importantly, have fun!!!



For more information, contact us at ecmchc@dhha.org