



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## LET'S PLAY!

As parents you may wonder about the idea of spending time with your child and why may it be important? As for doing things with your children the activity does not have to be costly or time consuming. In a child's life and development, just spending time with them, following their interests and connecting with them is all that really matters. You teach them so much if you can just shut out the world for 15-30 minutes and spend time with them.

### WHY IS FAMILY TIME IMPORTANT?

1. It helps the child learn self-control. You are regulating your feelings during the time together.

2. Share Engagement. Being able to share ideas and learn about turn taking and self-control.

You will find on the back that we have a calendar of low cost or no cost ideas for you to do with your child. These are simple ideas to do to have fun and engage your child.

3. Making connections. You and your child are connecting.

4. Effective Communication. You are responding to your child's cues and responding to them. Learning words, word usage and conversational ideas.

Source: [www.zerotothree.org](http://www.zerotothree.org)

	Practice Taking Turns	Find Shapes in the Clouds	Enjoy Reading a Book	Draw Smiley Faces	Play Games Together: Simon Says, Duck Duck Goose, Red Light Green Light	Family Picnic Inside or Outside
Cuddle and Look at the Stars	Share the Best Part of Your Day	Learn and Draw Shapes	Listen to a New Story	Look for Your Favorite Colors	Be a Helper	Have Fun in the Sun
Sing and Dance to Music	Color a Picture	Make a Healthy Snack	Make a Tent or Fort	Find Items that Start with the First Letter of Your Child's Name	Family Movie Night	Take a Nature Walk
Hop, Skip and Jump	Taste a New Food	Play I Spy	Play a Matching Game (Socks/shapes)	Read a Bedtime Story	Make Dinner Together	Make Funny Faces in the Mirror
Have Fun Playing	Tip Toe Around the House	Tell Someone You Love Them/Give Hugs and Kisses				

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



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**Ages 0-5**

Covers the following  
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Lincoln & Yuma

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

**WWW.CENTENNIALMHC.ORG**

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