LET’S PLAY!

As parents, you may wonder about the idea of spending time with your child and why it might 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.
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

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

**Moving Lives Forward**
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Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

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