



5 WAYS

TO ENHANCE PLAYTIME WITH CHILDREN

Playtime is one of the most rewarding experiences for young children. Not only is it an opportunity for fun, but it also promotes healthy growth and development. Simple measures, such as a game of hide-and-seek, make-believe play, or building with blocks can help children develop motor, social, and other skills. Also, participating in playtime with children can be rewarding and fun for adults. Here are five ways to help enhance playtime with children.



Create opportunities for kids to explore nature and the outdoors.



Incorporate blocks and manipulatives for children to build motor skills.



Provide age-appropriate costumes, toy vehicles, cookware, and other items for pretend play.



Incorporate a balance of structured play (adult-guided) and free play (child-guided) opportunities.



Use noncompetitive games that focus on fun, learning, and cooperative play.

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