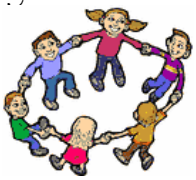
Playtime is good for your child's heart, muscles and bones.

Circle the activities you like to play with your child:

	Things to play with at home	Play to build large movements 	Play to build small movements
Playing with your baby (0-1 year)	Spoons Plastic bowls Empty pie tins Plastic cups Empty paper towel tubes Empty boxes	Pulling up Rolling over Sitting up Walking Standing up Climbing Creeping and crawling	Reaching Picking up Shaking toys Turning things Holding Pat-a-cake
Playing with your toddler (1-3 year)	Plastic bowls Plastic measuring cups and spoons Pots and pans Wooden spoons Paper cups Oatmeal box Sock balls Pillows Dress up clothes	Dancing Riding toys Pushing Pulling Jumping Throwing Hopping Follow the leader Hide-and-seek	Piling blocks Using a spoon Drawing with jumbo crayons Picking up small objects Putting toys and puzzles together
Playing with your 3 to 5 year old	Balls made of socks, paper, aluminum foil Dress up clothes Cleaning Make believe Plastic coffee lid Frisbees Empty boxes and baskets	Hopscotch Leap frog Hide-and-seek Jump rope Dance to music Hula Hoop Galloping Skipping	Building blocks Building toys and puzzles Drawing Coloring Painting Catching Kicking

Playtime helps your child's brain develop.

Playtime is for learning

Seeing and doing new things helps your child's brain to grow

Play helps children learn new skills and use their imagination.

Play helps children learn about words, feelings and thoughts.

Play is for sharing

Play helps children to get along with others.

Play is a fun way to spend time together and bond with your child.

Play again and again and again

Children like to copy the activities their parents do.

Children need to do things over and over in order to learn them and do them well.