

Play helps your preschooler:

- Learn to make decisions and solve problems.
- Relax and feel good.
- Develop eye-hand coordination.
- Be ready to succeed in school.

The skills your child learns through active play will build her confidence in everything she does.

Activities to grow your child's large and small muscles — and expand his mind:

- Skipping along a sidewalk
- Somersaulting down a hill
- Dribbling a ball (with feet or hands)
- Batting a ball
- Balancing on a low beam
- Climbing a jungle gym
- Tossing a Frisbee

**Celebrate your life together.
Take time to play together everyday!**



This project was funded in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service, under the 1999 WIC Special Projects Grants.

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**PLAYING
WITH YOUR
PRESCHOOLER**

Let's try this:

Why is it important for my child to be active and play?

- Children are naturally active!
- Children learn through play.
- Doing new activities helps your child's body and brain develop.
- Play helps her learn to get along with others.
- Play helps him use his imagination and creativity.

Limit your child's TV time to less than 2 hours each day, as recommended by the American Academy of Pediatrics. Turn off the TV and go outside!

How can I make activity fun and encourage my child to play?

- Play with your child! She will enjoy spending time with you.
- Be a role model for your child. He will watch you and want to be like you.
- Arrange for your child to play with other children often.

Preschoolers need 60 minutes of planned playtime and an additional 60 minutes of active free play over the course of the day.

READY...SET...GO PLAY!



Make Believe Walks

You and your child pretend to:

- Scurry through the forest like a mouse
- Wander on the moon
- Dash across a hot beach
- Trudge through the snow
- Run through the jungle like a tiger
- Waddle in the mud like a pig

Sometimes you can go outside and take one of these walks for real!

Marching Band

Make instruments with your child using:

- Dried beans in an empty container with a lid
- Pots, pans and wooden spoons
- Rubber bands stretched over empty cans or cartons

March through the house, the yard or the neighborhood.

Helping Out

Preschoolers love to help. Take advantage of this while you can! You and your child can have fun together:

- Walking the dog
- Raking the yard
- Washing the car
- Sweeping the porch
- Carrying out the trash and recycling
- Shoveling the sidewalk
- Watering the garden

Indoor Fun

Chores are important for teaching your child about responsibility. You can make them fun for both of you if you do them together. Try making games out of these:

- Carrying groceries
- Washing fruits and vegetables
- Picking up toys
- Doing laundry
- Cleaning house

Games to play:

- Leap frog
- Catch
- Hopscotch
- Jump rope
- Soccer
- Flashlight tag

Toys and games from household things

Just open your cupboards, closets and drawers!

- Frisbees from plastic lids
- Bubbles from dish soap and wands from wire hangers
- Kites from paper bags and string
- Obstacle courses from tables, chairs, large empty boxes, furniture cushions
- Backyard water parks using sprinklers and hoses

Other active toys

Good gifts from family and friends

- Hula hoops
- Beach balls
- Plastic skis
- Hockey sticks
- Sleds
- Shovels and rakes
- Sidewalk chalk
- Doll stroller
- Ice skates



Playing with your preschooler helps her grow smarter, stronger, healthier and happier!