

# PLAY TOGETHER

DID YOU KNOW?



**Did you know that playing together with your child can improve your relationship with them?** When you play at least 5-10 mins a day with your child you can help increase their self-esteem and attention span. They also learn how to share and play with others.

**Make special time to play with your child every day!**

Special time can be as easy as coloring, building blocks, and playing with pretend food together. Keep it simple and follow your child's lead.

**P-R-I-D-E** Use this guide to remind you of important things to keep in mind when playing with your child.

**P** is for **PRAISE**. Tell your child "Well done!" or "Good job" when you see something you like from their play. Be specific about what you liked. You can say, "I like how you are sharing your dolls with me! Thank you!"

**R** is for **REFLECTIONS**. Reflect and repeat what your child is saying while you are playing with your child. This will show that you are giving them undivided attention. If your child says: "My horse is going to eat some hay," you can say "Your horse is going to eat some hay."

**I** is for **IMITATION**. Play and imitate what your child is doing to show them you are having as much fun as they are. If your child says: "Nom nom nom I am eating hay" you can say "Nom nom nom, I'm eating food too!"

**D** is for **DESCRIBING**. Describe your child's play as if you were an excited announcer. This shows that you are interested in their play. For example, if your child is playing races with cars on the floor you can say: "You're making the cars go fast! You're making the blue car go past the red car!"

**E** is **ENJOY!** Have fun and get excited. If your child is laughing, have fun and laugh too! Let your children know you enjoy spending time with them by telling them "I am having so much fun with you!"



**WHEN YOU SPEND TIME WITH YOUR CHILD PLAYING YOU ARE CREATING A RELATIONSHIP THAT CAN LAST A LIFETIME**

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## WHAT DID WE PLAY TOGETHER THIS WEEK?

MONDAY \_\_\_\_\_

TUESDAY \_\_\_\_\_

WEDNESDAY \_\_\_\_\_

THURSDAY \_\_\_\_\_

FRIDAY \_\_\_\_\_

SATURDAY \_\_\_\_\_

SUNDAY \_\_\_\_\_

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