

# Child's Play

## Play Builds Bonds That Last Forever

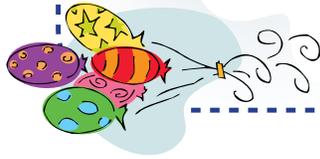
### Bulletin Board Lesson

#### PB-000-05

Bulletin Board and Self-Paced Interactive Lesson Cover Sheet

- You must include all components of the display to have a complete lesson. All components can also be downloaded and printed as low-resolution, 8.5" x 11" modular components at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.
  - Included in packages (Stock no. 13-06-12365, 13-06-12365A)
    - Title
    - 5 key message cards
    - 6 photos
    - 3 graphics for bottom runner (playground images)
  - Not included in package
    - Handout "Greatest Show" – order from WIC catalog (Stock #13-06-14479, Spanish #13-06-14479A) or download and print at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.
    - Lesson evaluation questions (download and print at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.)
- A sample layout is provided at <http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm>.
- You must have participants complete and return the *Child's Play* lesson evaluation questions. Please review these questions with participants before issuing class credit.
- To order additional bulletin board displays, use stock no. 13-06-12365 (English) or 13-06-12365A (Spanish).

# Child's Play



## Play Builds Bonds That Last Forever

- Doing activities as a family can be a fun way for everyone to get more physical activity and to release energy and stress.
- Children need time to play alone and with other children, but playtime with parents is also important.
- Children love to spend time with parents. One of the best "rewards" you can give your child is your attention.

## Play is Important for Your Child

- Play develops strong bones and muscles.
- Play develops both small and large muscles which help your child sit, crawl, run, wave, and grasp.
- Play develops senses of sight, smell, sound, and taste.
- Play provides chances to learn about the world and make friends.



## Playtime Helps Children of All Ages Get More Activity

- Benefits of playtime
  - Builds strength and coordination
  - Helps maintain a healthy weight
  - Lowers stress and feels good
- Babies, toddlers, and preschoolers need more activity than you may think. Plan to play as often as you can.



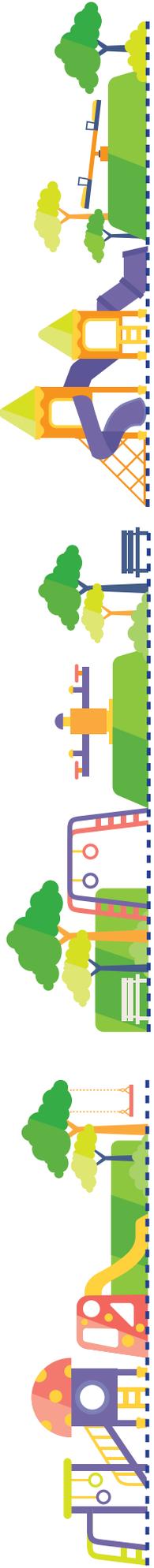
## Play with Your Baby

- Practice supervised tummy time with your baby. Lay down in front of him and look him in the eyes.
- Give your baby time and space to practice rolling over, crawling, or walking.
- Try not to keep your baby in a playpen, infant carrier, chair, swing, or stroller for too long. Babies like to move their bodies.
- Turn off the TV and media devices because they can get in the way of learning.
- Try playing and talking with your baby when they look at you. Babies love to look at faces.
- Peek-A-Boo, Patty-Cake, or "dancing" are fun for babies.



## Play with Your Toddler or Preschooler

- Plan family hikes, nature walks, and camping trips.
- Teach kids to swim and bicycle at a young age, and do these activities often.
- Turn chores, such as raking leaves and gardening, into fun activities.
- Make up fun races and obstacle courses in the park.
- Be active indoors – dance to music, toss balloons or soft balls, do yoga and stretching, or dance with kids' music videos.
- Check to see what recreational programs are available in your area, such as swim lessons, community, and city park programs.



Name \_\_\_\_\_ Local Agency/Site Number \_\_\_\_\_ Date \_\_\_\_\_

## Child's Play - Builds Bonds That Last Forever

### PB-000-05

Playtime with your child is good exercise for everyone, but it also builds bonds and memories that last a lifetime. This lesson teaches why active play with your baby or child is so important.

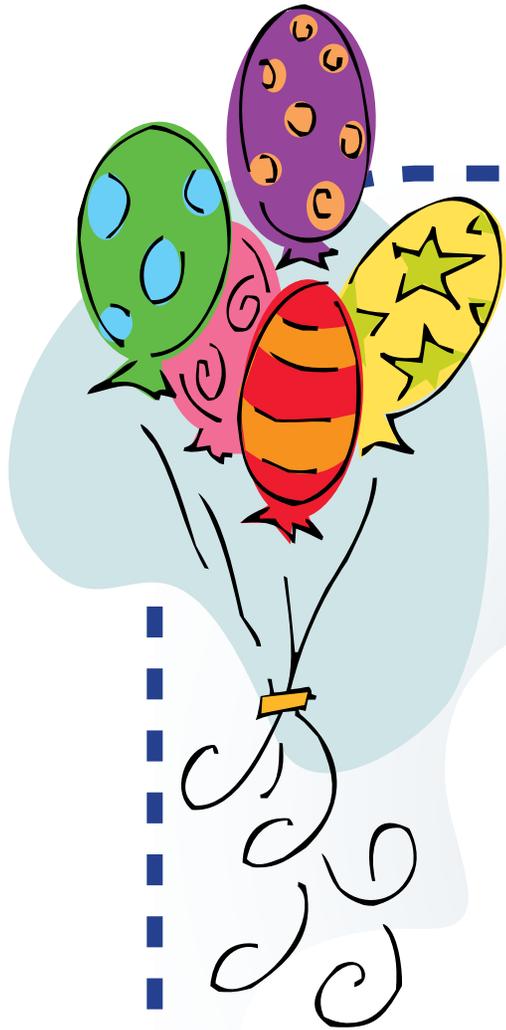
To receive credit for this class:

- Read the Bulletin Board *Playing with Your Child Builds Bonds That Last Forever*.
  - Answer the questions below.
  - When you are finished, review your answers with a WIC staff member.
1. True or False. Children love to spend time with parents. Your time and attention is one of the best gifts you can give your child.
  
  2. Why is play important for a child? (mark all that apply)
    - Builds strength and coordination
    - Builds self-confidence
    - Helps maintain a healthy weight
    - Makes a child feel loved and appreciated
    - Reduces stress
  
  3. List one easy and safe way to play together with a **baby**:
  
  
  
  
  
  
  
  
  
  
  4. List one easy and safe way to play together with a **toddler or preschooler**:
  
  
  
  
  
  
  
  
  
  
  5. How does playing with your baby or child help **you**?

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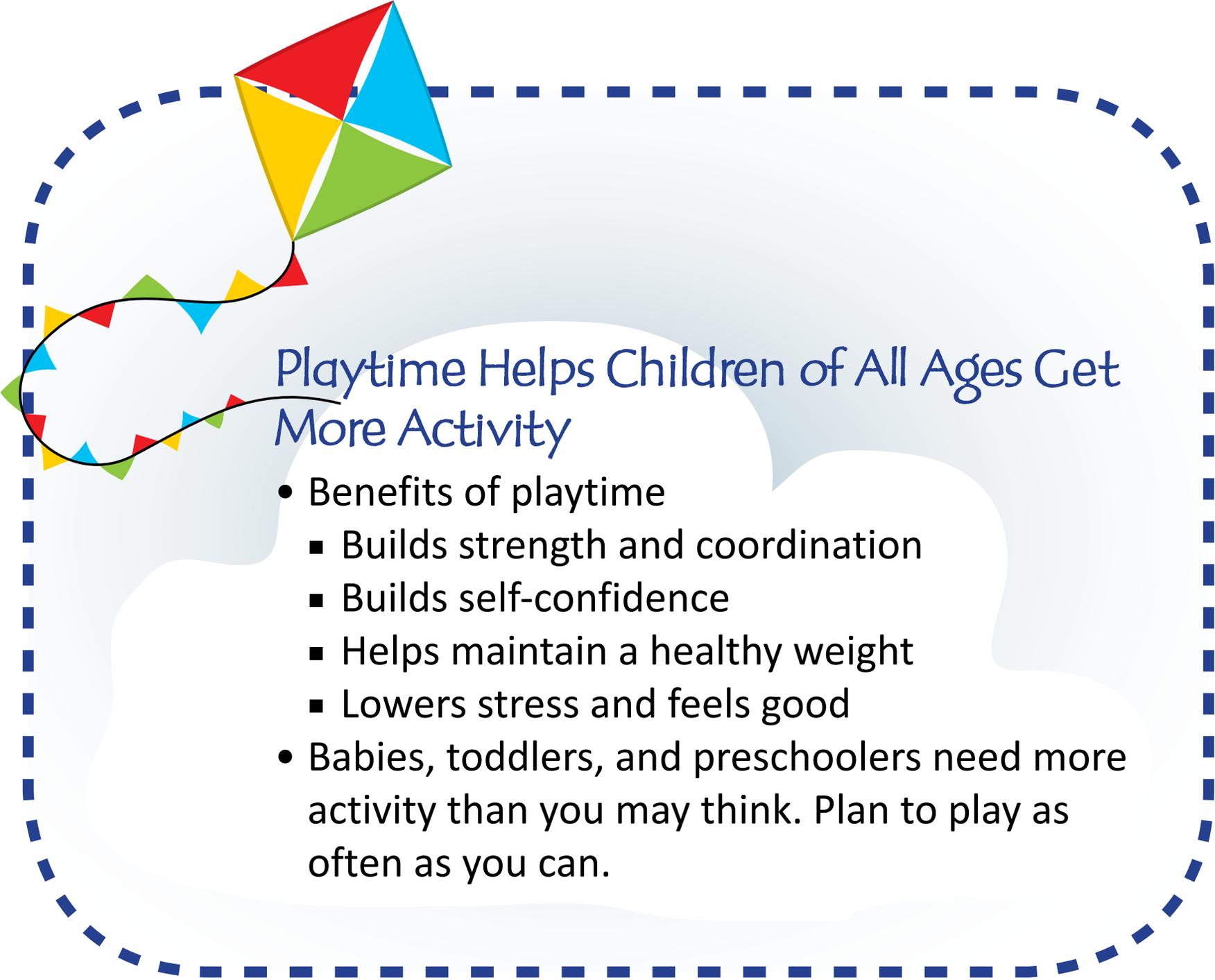
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