

# Child's Play!

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**Your child is designed to move! Most kids like to climb, crawl, run, jump, swing, tumble, twist, stretch, and peddle. In fact, active play is the “work” of a childhood. By moving more and sitting less, your child also learns to live in a healthful way.**

## **Active play can promote:**

**Cooperation and sharing** as your child plays and learns to get along with others

**Curiosity and creativity** as your child explores his or her world

**Confidence and independence** as your child learns to make choices and control his or her actions

**Learning** as your child's body and brain develop a better ability to learn

## **Active play can develop body skills:**

**Strength, flexibility, and endurance** to explore and experience the world safely

**Coordination** of small and large muscles, which helps with overall learning

**Body awareness** as your child learns what his or her changing body can do

## **Active play promotes:**

**Stress relief and good sleep** as your child uses up extra energy and learns a healthful way to get rid of stress (good for you, too!)

**Healthy weight** since moving more and sitting less helps lower the chances of overweight

**Lifelong health** – Keeping your child active now helps protect your child from getting diabetes at a young age. Moving more helps lower the chances of diabetes and heart disease later in your child's life. Yours, too!

## **Active play is fun for your child and you!**

When you move more, your child will, too.



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## Surround your child with active fun!

- **Set aside a play area inside.** Find a safe spot where your child can tumble, roll, jump, and toss things – without breaking something or getting hurt.
- **Have a place outdoors** to run and kick a ball.
- **Turn active play into family time,** maybe after a meal.
- **Ask babysitters to play actively with your child:** perhaps toss a ball, take a walk, or play tag or catch!
- **Gather “active” toys.** A ball or a tricycle encourages active play.
- **Join a playgroup** where young children and grownups play together.
- **Pick fast-food restaurants with a play area.** Allow time for play.
- **Make active play a day care priority.** Find day care that offers safe, active play that matches your child's abilities. Visit to see and ask what they do, for how long, and how often.

## **Safety Alert! Always stay with your child.**

Children don't have life experiences to foresee danger. They may not have body skills or strength to move away from trouble. When kids play, they may not notice when they're cold, wet, overheated, or in possible danger either. *Bonus: By supervising, you also have the fun of playing together – and you stay active, too!*

