



Ready to Play

Bend to the side.

Clap your hands.

Touch your head.

Put your hands on your hips.

Touch your shoulders.

Take one step back.

Take one step forward.

Hop on one foot.

Sit down.

Touch your knees.

Reach for your toes.

Wiggle your body.

Sunny Side of the Street
Ready To PLAY

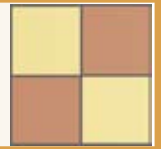
Ready to Play

Having fun is good for both kids and parents! Playing is good daily medicine because it contributes to children's health and development and brings you and your child closer together.

1.



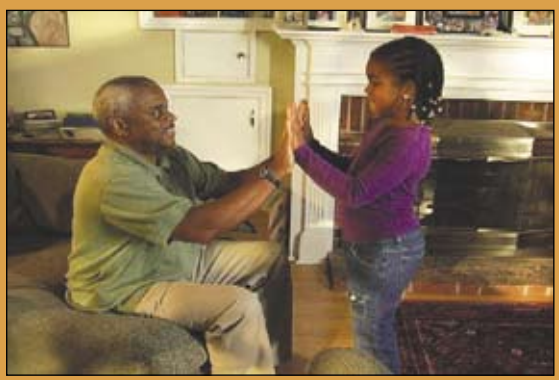
Take Turns



Sol and his neighbor, Kiante, take turns when they play together. They have more fun that way.

It's important to go along with children's ideas when it's their turn. Making sure children get a turn helps them feel confident and secure.

2.



Shared Focus



Ramyia's grandpa shares his time and focuses his attention on Ramyia.

Children love to feel that their parents enjoy their company. Build family bonds by being interested in children and having fun together.

3.



Encourage



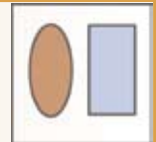
Jane's mom encourages her daughter to play a healthy game by showing interest and turning off the TV so that she and Jane won't be distracted.

Showing interest in children's ideas is a good way to support their development.

4.



Give Choices



Miss Jessie asks Sol to pick a card from the Practice and Play deck. The children like to make choices.

Giving children choices about activities is a way of showing them respect for their thoughts and feelings.

5.



Child-led Play



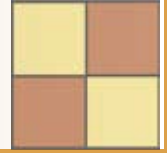
Sol has ideas about how he wants to play Follow-the-Leader. Sol's mother follows his lead. They have fun and feel close.

What's fun and interesting to children may sometimes be different from what's fun and interesting to adults. It's good for parents to follow our child's lead so that children get the most out of playtime.

Ready to Play



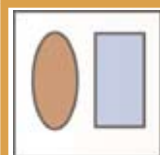
Take Turns



Shared Focus



Encourage



Give Choices



Child-led Play





1. Put an X under the day that you and your child play together.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X	X	X	X	X	X	X

2. Circle the picture of any parenting skill that you used that day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Give Choices



Child-led Play



Shared Focus



Encourage



Take Turns

