Did you know? From day one babies are born eager and determined to learn about their world. Babies and children learn about their world through play.

Playing with your child is not only fun, it’s one of the most important ways you can grow her development. There are no rules. You don’t need fancy toys. You are your child’s most favorite toy.

What is play?

**BABIES**
- Smiles, coos, and laughs with you
- Enjoys bright colored toys and books to look, touch, and place in mouth
- Plays baby games with you

**TODDLERS**
- Imitates things you do
- Enjoys true toys such as blocks and baby dolls instead of toys that need a battery
- Plays toddler games with you

**CHILDREN**
- Loves pretend play—the hairbrush can become a microphone to sing into
- Learns to play with friends
- Plays child games with you
IMPORTANCE OF PLAY

• Play helps you to be closer with your child.
• Play helps with listening and talking.
• Play helps them feel better about themselves.
• Play helps with physical health.
• Play helps with learning how to solve problems on their own.
• Play helps with confidence.
• Play helps your child learn how to be a good friend.
• Play helps children make their own ideas and imagination.
• Play is good for caregivers also.

WHY IS PLAY IMPORTANT?

• You are your child’s favorite toy!
• Play games with your child.
• Use toys that are best for your child’s age.

WHAT CAN I DO?

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