

# PLAYING

Play is important for your 2-to-5-year-old's development.

Your role is to allow them to play a variety of age-appropriate games.



## Moving develops:



their brain



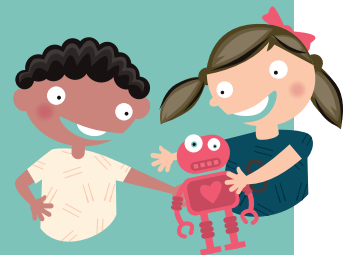
their balance



their muscles

Playing with others teaches them how to share, wait their turn, and resolve conflicts.

Expressing their ideas during play develops their language skills.



Making up stories, imitating animals, and problem-solving all improve their ability to think.



## Encourage play

- **Schedule time** to play with your child and time where they get to play on their own.
- **Show interest in what they're doing:** "Why are your stuffies sitting in a circle?"
- **Give them access to a variety of toys,** such as balls, pencils, puzzles, spoons, and pots.
- **Take them to different places to play,** such as the park, the library, the forest, or the pool, so they learn to adjust.

Free play fosters their creativity and autonomy.



**When you let your child play with dolls or trucks, or let them pick out their own costumes, they develop their curiosity and discover their preferences.**

# Activity ideas

→ **Imitate sounds:** “Baaaah,”  
“vrrroooooom.”

→ **Have a picnic** with their  
stuffies.

→ **Play pretend by “buying”  
and “selling”** their toys.

→ **Put objects in a bag and  
have them guess** what they  
are by feeling them.

→ **Play airplane** by lifting them  
up in the air.

→ **Roll a ball back and forth**  
while sitting face-to-face on  
the floor.

→ **Have a race:** “Who will get to  
the tree first?”



→ **Play battle games:** “I’m a  
monster—arrggg!”

→ **Make a storybook:** They can  
draw the pictures while you tell  
the story.

→ **Place a ball between the two  
of you** and try to walk without  
dropping it.

→ **Play “school”** with their stuffies.

→ **Build** an obstacle course.

→ **Pick** flowers, leaves, or or  
rocks—small or large, same  
colour, soft or rough.

→ **Play hopscotch.**



## As a parent...



What did I like to  
**play as a  
child?**

How do I make time  
**for play in our  
daily routine?**

What do I like to  
**play with my  
child?**

