

# Connect Play & Learn Every Day!

## What you can do to help your child every day:

Replace screen time with play time. Turn off the television and head outdoors, or put away the iPad and enjoy spending time together.

Build time into your day for play. Schedule play within your day and set aside time to connect and play with your child.

Make chores and clean up fun. Get your child involved by asking them to match socks, rake leaves together, mix and measure ingredients together, and help clear a space for play.

Use existing time together to connect, play and learn. Take time during car rides, in grocery lines, at bath and meal times, and before appointments to connect and play together.

Enjoy playing and laughing together. Share stories, make up fun rhymes, play “I Spy”, and enjoy time together.

When children have routine, they are more likely to be happy and ready to learn.

Play doesn't have to last long to be meaningful. A few focused minutes of time together throughout the day can make a difference.

