



WHEN FAMILIES WITH YOUNG CHILDREN ARE HOMELESS

Relationships Between Parents and Children are Key

ITS TIME TO PLAY:

IDEAS FOR PARENTS: Building Relationships Through Play

Playing With Your Children Builds Your Relationship With Them!

When you were little did an adult take time to play with you? Yes or no, you can play with your child, and your family will have fun and build happy memories!

Families playing together build positive connections between you and your child.

Playing with Your Child really helps them grow in many ways:

- Language development
- Social skills
- Creativity
- Imagination
- Thinking skills

Check Out This Video About Family Wellbeing and Play

<http://www.allianceforchildhood.org/node/97>

Play Routines

When you have a few special times in the day set aside to play with your children, it gives them something to look forward to. Some examples of play routines might be:

- Spend 15 minutes playing your child/children before they leave for school in the morning.
- Spend a few minutes holding/cuddling your child when they wake from a nap and then play peek-a-boo or this little piggy with the child's toes.
- Set aside 30 minutes after school or as part of your end of day routine to just play with your child/children

Play Any Time

Why spend long bus trips or time waiting for appointments in frustration? Having play activities ready to use at any time can turn those minutes into fun, relationship building, and learning times.

See the back of this page for more ideas

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