

**Key Message ...**

**Play with Children**

**Play**

- Spontaneous
- Child-led
- Fun
- An opportunity to try new things
- A way to learn from mistakes
- An opportunity to be really good at something
- A time to connect with your child
- A way to be active together

*Positive back and forth interactions (serve and return) build sturdy brain architecture.*

**Grow**

**Play builds:**

- Motor function
- Creativity
- Decision-making/problem-solving
- The ability to control and direct one's emotions and behaviors
- Social skills – sharing, taking turns, helping others, resolving conflict
- Speech and language
- Brain connections and future health

*Executive function skills help your child learn to focus, problem-solve, get along with others and manage their emotions.*

**Connect**

Children need to play with adults too.

- Explore a new park together
- Skip around the block together
- Play a game of tag
- Play Hide and Seek in your backyard
- Build a fort
- Do crafts or create something new together
- Play cards or a board game
- Build a cardboard car
- Dance!

*Stress is a part of life and shapes the brain. Connect with and support your child to build a stronger brain.*

**Shine**

Play will help your child develop strong relationships and emotional wellness.



*Brains are not just born; they are built over time and continue to grow into adulthood. Early experiences build brains!*

**Some resources in your community include:**

Parent Link Center: [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca) (403) 652-8633

**Local Recreational Centres:**

- High River (Bob Snodgrass Recreational Complex & Cargill Field House). [www.highriver.ca](http://www.highriver.ca) (403) 652-4042
- Okotoks Recreation Centre. [www.okotoks.ca](http://www.okotoks.ca) (403) 938-8954