

The Center for Exceptional Families

Webinar Series:

Play Strategies for Children

Why Play Matters?

- ✓ Parents are a child's first teacher
- ✓ Time to bond
- ✓ Health and physical activity for all

The Role of Parents in Play

- ✓ Promote play based on your child's preferences
- ✓ Make play time a priority for your child and family
- ✓ Model social skills and bonding

Tips for Parents

- ✓ Set a daily schedule or routine
- ✓ Motivate your child
- ✓ Put limits on screen time
- ✓ Get your child started on activities
- ✓ Play time should be at least 5 times per week for a minimum of 20-25 minutes

Remember:

- ✓ One size does not fit all
 - Every household will differ
 - Modify and adjust accordingly
 - Reinforce and motivate