



5 Ways to Engage with Your Child During Playtime

- ❖ Get messy with them! Make snow angels, put your hands in the finger-paint, and mush up that clay.
- ❖ Teach them your favorite childhood past-time, or learn a new hobby together.
- ❖ Create a secret word, gesture, or handshake that only you and they share.
- ❖ Don't just sign them up for sports, get outside and kick a ball with them, or show them how to throw a frisbee.
- ❖ Schedule a family game night once a week, and have a no-cell phone policy during game play.