

# Preschoolers and Play

Preschool children learn best through play. Play is important for your child's growth and development.



**Create a safe space.** Make sure play areas are safe from anything that could hurt them. A safe play space helps kids feel comfortable.

**Follow their lead.** Join in the fun when your child invites you but let them guide the playtime. When they decide how to play, it builds their confidence.



**Be social.** Encourage them to play with other kids. Group play teaches skills like sharing, taking turns, and making friends.



**Go outside.** Kids have space to run, jump, climb, and explore outside. Outdoor play helps kids stay active and healthy.

**Let them pretend.** Kids like to pretend to be different things. Toys like dolls, action figures, and costumes can help kids role-play.

**Learn while playing.** Use play to teach numbers, letters, colors, and shapes. Fun activities like art, puzzles, or blocks are great for learning.



**Read to them.** Reading books to kids is a fun way to support learning. Reading together can also be a time for you and your child to connect.



**Limit screen time.** Try to avoid too much TV, tablet, or phone use. Encourage other activities and imagination.



**Allow free play.** Kids need time to play on their own without an adult. Free play helps them think for themselves and be creative.

Remember that you don't need expensive toys or trips for your child to have fun. Playful moments are all around!

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References: <https://www.cdc.gov/physical-activity-basics/guidelines/children.html>, <https://www.cdc.gov/child-development/positive-parenting-tips/preschooler-3-5-years.html>

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