

ALL CHILDREN REALLY NEED TO PLAY

Every child needs lots of time to play. Some kinds of play help them more than others. Here's a list of basic ingredients for children's most valuable play. You'll see that none requires a battery or electricity. And most don't cost much either:

- ❖ **Time** -- blocks of uninterrupted time, just for playing
- ❖ **Safety** -- play space that's safe for young children (There should *always* be a grown-up to watch what's going on for safety's sake.)
- ❖ **Room** -- outdoor and indoor space to move around in

Good stuff to get started playing::

- ✓ Dirt, sand, mud and water
- ✓ Sticks and stones (*Be sure* your child plays with these *safely*.)
- ✓ Shovels and containers to hold & pour dirt, sand, mud, & water
- ✓ Dolls, cars, trucks, & cooking equipment—for playing make-believe
- ✓ Wood blocks & other wood scraps to build with
- ✓ Paper of all sorts – plain, colored, large pieces & small
- ✓ Things to write & draw with—pencils, markers, crayons & paint
- ✓ Things to string – beads, macaroni, cut pieces of plastic straws
- ✓ Balls of all sizes
- ✓ Things to ride on—trikes & pedal cars (look for these at yard sales!)
- ✓ Things to climb on—sturdy boxes, low tables, a climbing structure
- ✓ Dress-up clothes—grown-ups' old clothes are perfect (including uniforms, shoes, boots, hats, briefcases, tote bags)
- ✓ Big & small boxes—to turn into houses & cars; to climb on or into

And your permission to use the lawn furniture, dining room chairs and, maybe, even sometimes the sofa cushions to build forts and houses and cities and cars and caves and.....!!!!

HAVE FUN!!