



Play

Tips for Caregivers Handout

- **Give children free, uninterrupted time to play (with safe supervision).**
- **Be careful not to control or structure play time too much.**
- **Be prepared to play the same thing repeatedly. Remember repetition builds brains.**
- **Give children a safe play environment that permits plenty of adventure and exploration without constantly hearing “no!” or “watch out.”**
- **Provide opportunities to help develop children’s 5 senses: sight, hearing, taste, smell, and touch.**
- **Join in the play: be active and have fun. This shows that you are interested.**
- **Let children be the guide during play.**
- **Take children on outings to help develop their imagination.**
- **Provide opportunities for outdoor play and experiences.**
- **Arrange opportunities for children to play with other children and adults, such as at the park or during a library story hour.**