

ENCOURAGING PLAY TIME INSTEAD OF SCREEN TIME



Play time is so important for children and it's something that parents can assist with through encouragement and getting involved. Play time is what your child needs to help lead a balanced life!

There are lots of ways to encourage more play time during the day that doesn't involve a screen...

- **Build play time into their daily routine.** Kids can be over scheduled these days: from sports, homework and after-school activities. These aren't "play time" and they do need a chance to really just be kids. Schedule time in their day that is set aside for them to play freely and have down time. This is their chance to unwind and it lets them explore their imagination and step away from any difficulties or challenges they may be experiencing.
- **Let your kids play outside.** This is where they (and you) don't have to worry about them making a mess and they can feel free! It's also great for health overall. Outdoor time allows children to develop their curiosity for life.
- **Put away the electronic games.** These toys certainly have their own benefits but it's important for children to learn other ways to play and keep themselves entertained. When kids aren't playing with electronics, they create their own games and really use their creativity and imagination. That helps them with problem solving too.
- **Allow your child to play alone.** It's not only adults who benefit from some time to themselves but children as well. There is an important balance between playing with friends and playing alone. It gives them a chance to think and develop without interruptions. It also gives them a chance to figure things out on their own and develop some independence too!

*Playtime is a crucial part of a healthy childhood
- sometimes kids just need to be kids!*

