

## Why is play important?

### *Playing develops:*

- Social skills
- The brain
- Emotional growth
- Motor skills

### *Playing encourages:*

- A strong bond
- Self-esteem
- Creativity and imagination
- Trust and sharing

### *Play is a time to:*

- Talk about important issues
- Work through emotions
- Teach social skills
- Relax and have fun

## Who Are We?

Prevent Child Abuse Rhode Island is a 501 (c) (3) non-profit organization that has been in existence for 27 years.

As a chartered chapter of the national organization Prevent Child Abuse America, the agency mission is to keep every Rhode Island child safe from abuse and neglect through a primary prevention approach of education, advocacy and public awareness activities.

Our staff and volunteers continuously work to educate the general public about ways to strengthen families.



### **Prevent Child Abuse Rhode Island**

500 Prospect Street  
Pawtucket, RI 02860

Ph: (401) 728-7920 Fax: (401) 724-5850

[www.preventchildabuse-ri.org](http://www.preventchildabuse-ri.org)

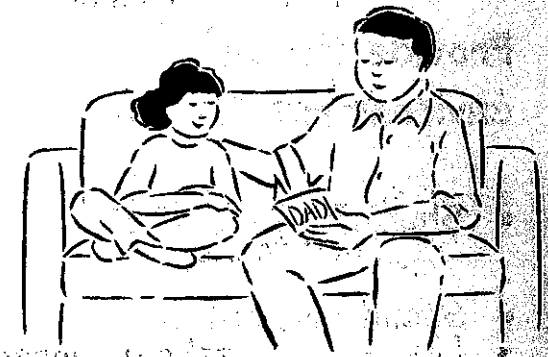
This informational brochure was funded by:



**Rhode Island  
Family & Children's Trust Fund**

Administered by the  
Department of Children, Youth & Families

# Playing with your Child



**Prevent Child Abuse  
Rhode Island**

## How often should you play with your child?

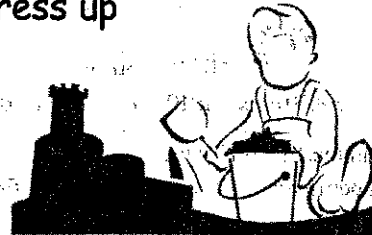
- Everyday
- Longer one-to-one time each week
- Make story time a regular part of bedtime

## Provide the best environment for play:

- Shut off the television
- Spend time outdoors
- Be sure your child is in the mood to play
- Put aside household chores

## Playtime activity ideas to do together:

- Tell your child a story
- Go for a walk
- Scrapbook your child's school memories
- Paint or draw
- Throw a ball or frisbee
- Ride bikes
- Do a puzzle
- Have a picnic
- Bake cookies
- Play dress up



## Tips for Parents:

- Follow the recommended age guidelines for toys
- Don't compete with your child, it's not about who wins
- Don't criticize - encourage imagination
- Closely watch them when you play outdoors
- Be patient and focus on your child during playtime
- Be sure to use a helmet and other safety equipment when playing sports with your child.
- Play with your child, don't just watch.