Toys to play with:
- Light weight hand paddles
- Hula hoops
- Beach balls/large balls
- Tricycle
- Jump ropes
- Light weight bat and ball
- Child-size toys:
  - Broom
  - Rake
- Toy cars and trucks
- Blocks

Things at home to play with:
- Plastic coffee can lids (Frisbee™)
- Aluminum foil (make a ball)
- Empty boxes or baskets
- Newspaper balls
- Sock balls
- Dress up clothes
- Run through sprinkler

Games to play:
- Dance to music
- Hopscotch
- Leap frog
- Hide-and-seek
- Jump rope

Playing with your preschooler helps your child grow smarter, stronger, healthier and happier.

Preschoolers learn by:
- Copying
- Following examples
- Following simple directions
- Playing make believe
- Moving

Your child can do these activities:
- Catching
- Galloping
- Skipping
- Kicking
- Dancing
- Crawling
- Tossing
- Kicking
- Climbing
- Throwing
- Rolling
- Hopping

The skills that your child learns by playing will give him confidence.

Celebrate your life together. Take time to play together.

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Developed by the California WIC Program, California Department of Public Health
1-800-852-5770 #910086 (4/12)
Why is it important for my child to be active and play?

- Children learn through play.
- Play helps her get along with others.
- Play helps her learn new skills and use her imagination.
- Play helps her learn about words, feelings and thoughts.
- Seeing and doing new things helps your child’s brain to grow.

How can I make activity fun and encourage my child to play?

- Play with your child. He will enjoy spending time with you! Find activities that you both enjoy.
- Be a role model for your child. He will watch you and want to be like you.
- Encourage your child to play outside every day. Fresh air is good!
- Children need planned activity as well as free play.
- Arrange for your child to play with other children often.

Some activities to do with your child:

Make Believe Walk
Help your child pretend to walk through different places:
- In the forest
- On the moon
- In the jungle
- On hot sand
- Through the snow
- In the mud

Marching Band
Make some instruments using:
- Dried beans in an empty container with a lid to shake (oatmeal box, coffee can).
- Use wooden spoons to bang on pots.
- Take rubber bands, stretch them over containers, and pull on them to make sounds.

Indoor helping activities
- Pick up toys
- Help make beds
- Help dust furniture
- Help feed and care for pets
- Help clean floors
- Carry laundry
- Help grocery shopping

Outdoor helping activities
- Help walk the dog
- Help clean up the yard
- Help garden
- Help wash the dog
- Help wash the car
- Take walks