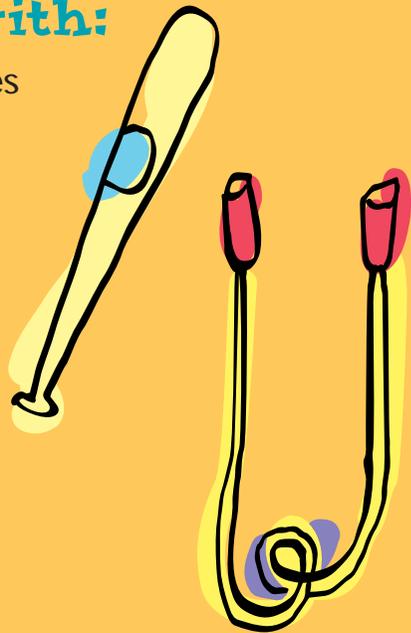


Toys to play with:

- 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

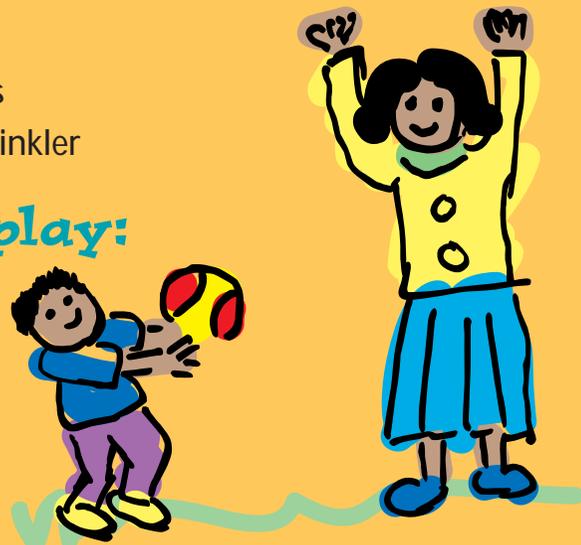


Things at home to play with:

- 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:

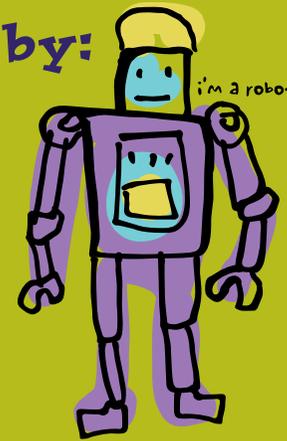
- Dance to music
- Hopscotch
- Leap frog
- Hide-and-seek
- Jump rope



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 Tumbling Dancing
Galloping Skipping Kicking
Crawling Tossing 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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California Department of Public Health
Arnold Schwarzenegger, Governor, State of California
Kimberly Belshé, Secretary, California Health and Human Services Agency
Mark B Horton, MD, MSPH, Director, California Department of Public Health

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Playing with Your 3^{to}5 Year Old



This is my goal for my child:

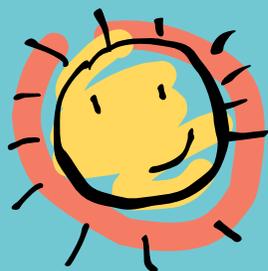
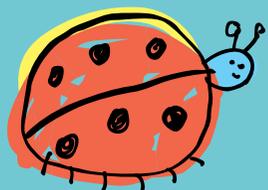
Why is it important for my child to be active and play?

- ① Children learn through play.
- ① Play helps her get along with others.
- ① Play helps her learn new skills and use her imagination.
- ① Play helps her learn about words, feelings and thoughts.
- ① 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



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



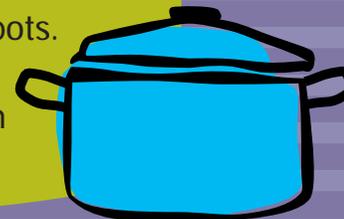
Marching Band

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.



Outdoor helping activities

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

