

All Work and More Play!

After an exhausting day toiling at work, parents want to plonk on the sofa, switch on to kid's favorite channel so that they can relax or remain busy with their mobile. This seems like the ideal way to relax in the evening with the kids. But wait! Stop! Are we forgetting something?

Did we grow up being couch potatoes? Didn't we jump, run, hop, skip, get all muddy, dirty and slimy but enjoyed every bit of our play hour after school?

What memories of play are we laying out for our kids?

Spending time with the kids in front of the television might seem like the best option but even better and more relaxing option is to take them out and play with them. The "leisure –

luxury" of playing with your kids will give more high than spending hours in front of the mobile straining the brain and eyes.



- ❖ Children **expect to play with parents** and play helps both grow!
- ❖ Play helps children develop all sorts of skills – **social, leadership, stress control, problem-solving, creativity, willingness to take risk** and more.
- ❖ Incredible amount of **health benefits** for the parents:

The **hormone oxytocin** plays a major role in parent-kid bonding and other social and emotional behaviors. **Oxytocin** levels increase when mothers engage in affectionate play with their children & when fathers engage in stimulatory play with their kids. When parents play with children, **oxytocin** is released. This acts as a relaxing massage for their mind with nothing extra to pay extra for!

How to Play with a Child

Playing with children is definitely a "no child's play." ☺ It involves a lot of patience, listening, actively playing, supporting and constant talking.

- ❖ Mutual interaction is very important.
- ❖ Intervene if necessary (when things get out of hand) but never intrude.
- ❖ Allow them to enjoy & explore their imagination, creation and the environment around.
- ❖ Engage and collaborate.
- ❖ And don't forget to smile and laugh your heart out and enjoy every moment possible while playing.



Games People Play

Rainy day blues or all weather fun, these games will keep the ball rolling. Here is a list of games which you can enjoy with your kids all season long, 24/7, 365 days a year. ☺

- ✚ Hide & Seek
- ✚ Hopscotch
- ✚ Treasure Hunt
- ✚ Balance Beam
- ✚ Blind Man's Buff
- ✚ Indoor Basketball
- ✚ Freeze
- ✚ Puzzles

