Rochester Association for the Education of Young Children presents

**A TASTE FOR PLAY**

A few suggestions for Child Care Centers, Recreation Centers, Churches, Families & others

Use the MENU for PLAY as a guide.

Borrow from Toy Resource Center’s collection of 5,000 toys for play props, games, and activities. (at the Lincoln Branch Library, 851 Joseph Avenue)

Provide a variety of options for a variety of ages.

Include options that encourage:
- **Creativity** - such as multiple sizes & types of building blocks
- **Pretend** - such as puppet theatre, child size kitchen set, workbench, doll houses
- **Problem Solving** - such as games, measuring tools, puzzles
- **Physical Activity** - such as hopscotch, tossing games, hoola hoops

Be creative with what you have or can easily find at little or no cost.
For example:
- Use milk cartons to make blocks.
- Use a sheet on table for a fort or hang in a doorway for a puppet theatre.
- Use socks or paper bags for puppets.
- Use different size shoes to measure how many? how far? make comparisons.
- Use games/puzzles from neighbors & friends for a Game Night or Puzzle Night.
- Have a theme night, such as a Math Activity night, with fun learning stations.
- Use masking tape for hopscotch lines or a sheet for parachute play.

Take time to listen and talk with children.

**KEEP IT SIMPLE AND FUN!**
**ENJOY EACH OTHER!**
What Churches, Recreation Centers & Child Care Centers Can Do

- Preach the value of play for parents and children "The family that prays together and plays together, stays together." "Play is fundamental to healthy development and well-being."
- Provide opportunities for families to get together with other families for a "playful" purpose.
- Host a potluck supper and a game night.
- Start a library of books and toys to promote positive family interactions.
- Host a "big brother/sister" event for older children to play games with younger.
- Host a mother/father - daughter/son night for team playing games.
- Host an "old-fashioned" game day with jump rope, hopscotch, and obstacle courses.
- Host a karaoke singing party.

What Families Can Do

- Designate an area in your home where children can relax, express themselves, and get messy. Provide play dough, paper, glue, scrap materials, etc. for creative art experiences.
- Go outside with your child. Jump rope, toss a ball, jump in puddles, go on a nature walk.
- Make something with your child - a pie (real or mud), a block structure, a bird feeder.
- Read together - books, road signs, cereal boxes, recipes, directions, cartoons, mail.
- Record family experiences together. Make "story" books or record on an audio or video tape.
- Explore community resources. Go to a museum or a library. Visit High Falls or a park.

Sing Songs, Play Charades, Be Silly, Have Fun!