

# Help me play with other kids

Play helps me learn to get along with others. It's fun, too!

Could you take us on a walk to collect things like leaves, rocks, and sticks?



Could we use an old sheet for tug-of-war?

Could you teach us to play your childhood games, like tag or Simon Says?



Could you save some of your old clothes for pretend play?

Could you save empty food boxes so we could have a store?

Could you save your junk mail so we can play post office?



Could we use a sheet and a table for a fort or cave?



Could we play basketball with a bucket or clothes basket?

# Let's get out and explore!

## I like to:



- dig in sand and dirt
- help in the garden
- walk barefoot in the grass
- blow bubbles
- wish on a star

I love visits to the pet store, park, zoo, children's museum, and beach. I love story hour at the library.

## Keep me safe outdoors

- Keep your eyes on me at all times.
- Never leave me alone near water for even a second. Buckets and children's pools should be emptied right after we use them.
- Check playgrounds for safety.
- I need to learn playground safety. Hold my hand when crossing the street and around swings. Put a helmet on me for biking and skating.
- A hat and sunscreen (at least SPF 15) will protect me from too much sun.
- Insect repellent will protect me from mosquitos.



Here's something new we will try:


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 Louisiana Department of Health and Hospitals, Office of Public Health  
 Supplemental Nutrition Program for Women, Infants and Children (WIC)  
 P. O. Box 60630, New Orleans, LA 70160

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# Child Play!

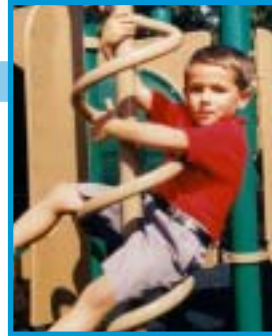
Hi, Folks!  
 It's me--your 3 or 4 year old!  
 I love to play!  
 Play helps me be smart, healthy and happy.  
 It helps me get along with other kids.

I still love to play with you, too.  
 Let's go play and have some fun!

## At 3 and 4 years old, I love to play!

### When I play:

- I develop my muscles.
- I deal with my fears.
- I learn to make friends.
- I share feelings and ideas.
- I develop my brain.
- I work off energy.



## Active play, every day!

I have so much energy! I love to be active. Active play keeps me at a healthy weight. It makes me feel good and it helps me sleep at night.

Please encourage me to play instead of watching TV, using a computer, or playing video games.

Please watch me do things over and over again. You are still my biggest fan.



## Let's find a safe place to play

I know it's not always easy to find a safe place to play. It will be safer and more fun if you are active with me.



## When I am 3 years old

I am learning all the time. I watch what you do and try to do it, too. You are my role model. I think you are great!

I like things done the "right" way. I like to make choices. I like to do things over and over again. I like to make friends, but sharing is not easy for me yet.



### I like to:

- play ball games
- play under a sprinkler
- run, jump, and climb
- play on playground equipment
- take a walk

### I also like to:

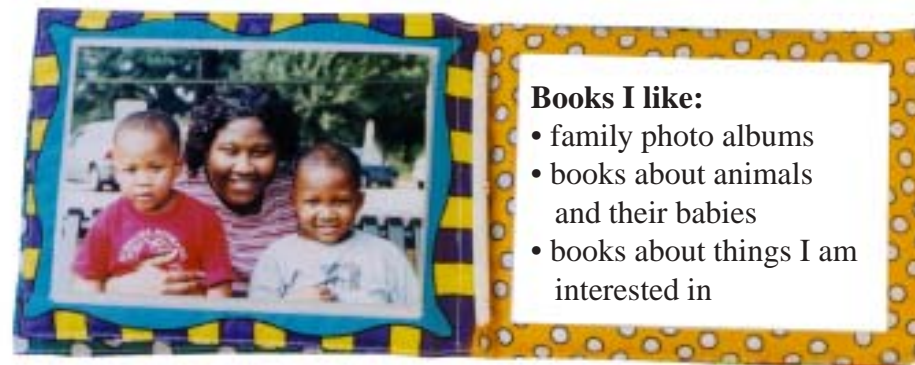
- take care of my doll
- play dress up and pretend
- draw and color
- ask questions
- make up stories about "action figures"



### I like counting games!

Let's count:

- toys as we pick them up
- buttons as we button them
- bubbles as I catch them



### Books I like:

- family photo albums
- books about animals and their babies
- books about things I am interested in

## When I am 4 years old

I can do so many things by myself now! But I still love it when you and I have fun together and act silly.

### Have you noticed that...

- I like to show off!
- I can pay attention longer.
- I like playing with kids my own age.
- I can share now.

### I like to:

- ride a tricycle
- kick a ball
- play with clay or mud
- build with blocks or empty boxes
- dance to music



- play school and learn to write my name
- hear a story you make up--about me!
- play follow-the-leader
- play with dolls and "action figures"

### I also like to:

- play card games like "Go Fish" and "Old Maid"
- sing
- help you cook
- take things apart and put them back together again
- ask "how?" and "why?"
- collect things



### Books I like:

- exciting or funny stories
- fairy tales
- picture books that I can "read" myself

