

# CHILD'S PLAY IS MORE THAN FUN.

Everyone likes to have fun. In fact, research shows that having fun is good for your heart, good for your health, and good for helping your child learn.

## 4 WAYS TO MAKE CHILD'S PLAY FUN AND EDUCATIONAL

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### GET ON THEIR LEVEL

The world looks a lot different when you're two feet tall. Get down on the floor and see the world from your child's eyes. What are the objects they focus on? Seeing the world from your child's perspective gives you insight into their world and the things that spark their interest.



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### RELAX

There's no right way or wrong way to have fun. Your child will likely tire of one activity and want to move on to something else. Roll with it. Having a sense of exploring the unknown provides children with opportunities to develop flexibility in their thinking and decision making.



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### EXPAND THEIR WORLD

There's a whole world out there waiting to be discovered. Going outside expands your child's universe. Every day in their lives is a series of firsts. First cloud. First bird. First butterfly. First snowflakes. The more they see, the more they learn.



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### FOLLOW THE LEADER

As your child grows, they'll start to explore their independence. It's natural. Encourage it. Let them choose the activities or what books to read.



**Steps**  
Great strides begin with small steps.

**MICHIGAN**  
Department of **Education**

For more information, go to [www.michigan.gov/mikidsmatter](http://www.michigan.gov/mikidsmatter)