



# Pointers For Parents

## For Kids' Sake: Make Time To Play Every Day

(NAPS)—If life for your family sometimes seems to be all work and no play, The Genius of Play wants to remind you why it is so important to make time to play every day—and how to achieve it!

Did you know there is a direct correlation between play and stress reduction? Or that elementary students who have more than 15 minutes of recess are better behaved in school than those who have less?

According to experts at the Genius of Play, a movement whose mission is to raise awareness about the benefits of play and bring more play into kids lives, playtime is a powerful tool to help you unwind, while bringing the whole family closer together. What's more, through play kids build physical skills, improve cognitive abilities, learn communication and social skills, process and express emotions, and increase creativity.

### How Families Can Play Every Day

Here are some fun ideas from Genius of Play ambassador, parenting expert and author Meredith Sinclair, M.Ed, on how to incorporate play into your busy every day routine:

- Leave space for the spontaneous: Intentionally mark off small chunks of time on the calendar throughout the week for "spontaneous" playtime. Sometimes, spontaneity takes planning.
- Turn everyday occasions into playful moments. Make household chores fun by putting on some favorite music and having the kids dance as they put the toys away, make the bed or help with the dishes.
- Collect easy-to-play instruments like harmonicas, bongos or toy ukuleles



**Families today have busy lives but they should still try to put some play into every day.**

for impromptu after-dinner family jam sessions.

- Keep playthings like hula hoops, crafts and playground chalk on hand for quick 10-minute play breaks during the day. It only takes a moment to create a chalk "picture frame" in the driveway and get the kids to draw something creative inside it.
- For a fun evening, try shutting down all screens after dinner once in a while and gathering the whole family around a board game.

### It's Child's Play: Great Ideas and Resources

Parents, teachers and play lovers can get expert advice, play ideas for all ages, and information on the benefits of play at [www.thegeniusofplay.org](http://www.thegeniusofplay.org). Created with the mission to help raise happier, healthier and more successful generations through the power of play, the Genius of Play website and social media channels show how to help kids build confidence, creativity, critical thinking and other skills that will serve them throughout their lives.