

# Pointers For Parents

## Getting The Most Out Of Indoor Play Tips To Keep Boredom At Bay

(NAPSA)—Experts tell us that all play—indoors and outdoors—can have a positive effect on a child's development and learning process. And there are many new toys and games available to provide a stimulating playtime experience for children.

Children who are encouraged to actively play indoors can master new abilities, such as learning to tell time and taking direction, which help to boost self-esteem and confidence. From assembling track sets to role-playing with dolls, kids develop essential life skills and a positive sense of self through play.

Parents, grandparents and caretakers all play a critical role in nurturing a child's creativity and imagination and encouraging indoor play is a crucial element in that role. Carve out specific time to spend with your child while he or she tackles new activities and make yourself available when your child wants to show off a new skill he or she has learned. The possibilities for indoor play are endless; here are a few options that will help families keep boredom at bay while staying warm inside this cold-weather season:

• **Let Your Child Show Off His or Her Knowledge**—Playing stimulating, age-appropriate games with your child is an excellent way to reap the benefits of staying indoors. Fun games that help showcase your child's knowledge, such as the DVD game *Scene It?*® Nickelodeon®, can keep



**A video game with a twist can mean hours of fun for the whole family.**

youngsters engaged and entertained for hours. Designed for kids of all ages, the game features clips, trivia and visual puzzlers from kid-friendly Nickelodeon® programming to engage a child's creativity and imagination.

• **Share Family Stories with Scrapbooking**—Looking at old and new photos of the family is a great way to share treasured stories and bond with your child. Describing events before your child was born and when he or she was a baby will help your child get to know family members who may live far away or familiarize them with ones they have never met.

• **Tackle a Family Recipe**—Encouraging your child to learn new skills in the kitchen will help him or her for life. And what bet-

ter way to spend time in the kitchen than by passing along a cherished family recipe? The bonus is that you both get to enjoy the results.

• **Indulge Your Child's Artistic Senses**—Creating simple art projects gives children a chance to enhance their developing visual and artistic skills. Provide your child with a variety of art supplies and encourage him or her to experiment with them. When your child draws a picture, ask him or her to interpret it for you.

Indoor activities can offer many benefits and opportunities for bonding with your children and helping them learn and grow. They develop important skills, but you both will create memories that will last a lifetime.