

FAMILY FUN

Time To Play

(NAPSA)—Research shows that children who play with adults demonstrate greater creativity and higher levels of language and problem-solving skills.

Adults also benefit by reducing stress and increasing relaxation. In fact, learning and enjoyment soar when all ages play together.



Experts say that play connects the generations, increasing learning and enjoyment for all ages.

For tips on intergenerational play and ideas for toys, download the free brochure at playisforever.com or gu.org.

The experts at Generations United and the Toy Industry Association offer these suggestions:

- Choose toys that are suitable to each participant's age, ability and skill level, enabling everyone to play.
- Focus on the interaction and relationship building rather than the activity or its completion.
- Keep in mind that any toy can be adapted for intergenerational use, using conversation to enhance the play.