



Playing with Your 3 to 5 Year Old



This is my goal for my child:

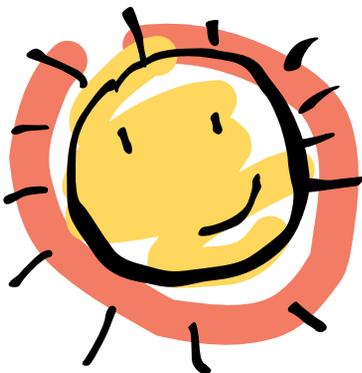
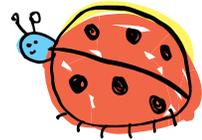
Why is it important for my child to be active and play?

-  Children learn through play.
-  Play helps her get along with others.
-  Play helps her learn new skills and use her imagination.
-  Play helps her learn about words, feelings and thoughts.
-  Seeing and doing new things helps your child's brain to grow.



How can I make activity fun and encourage my child to play?

-  Play with your child. He will enjoy spending time with you! Find activities that you both enjoy.
-  Be a role model for your child. He will watch you and want to be like you.
-  Encourage your child to play outside every day. Fresh air is good!
-  Children need planned activity as well as free play.
-  Arrange for your child to play with other children often.



Some activities to do with your child:

Make Believe Walk

Help your child pretend to walk through different places:

- In the forest
- On the moon
- In the jungle
- On hot sand
- Through the snow
- In the mud



Marching Band

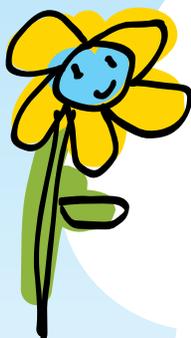
Make some instruments:

- Use dried beans in an empty container with a lid to shake (oatmeal box, coffee can).
- Use wooden spoons to bang on pots.
- Take rubber bands, stretch them over containers, and pull on them to make sounds.



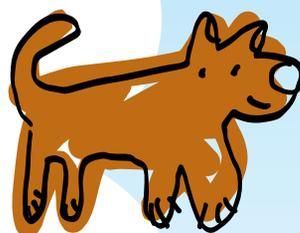
Indoor helping activities

- Pick up toys
- Help make beds
- Help dust furniture
- Help feed and care for pets
- Help clean floors
- Carry laundry
- Help grocery shopping



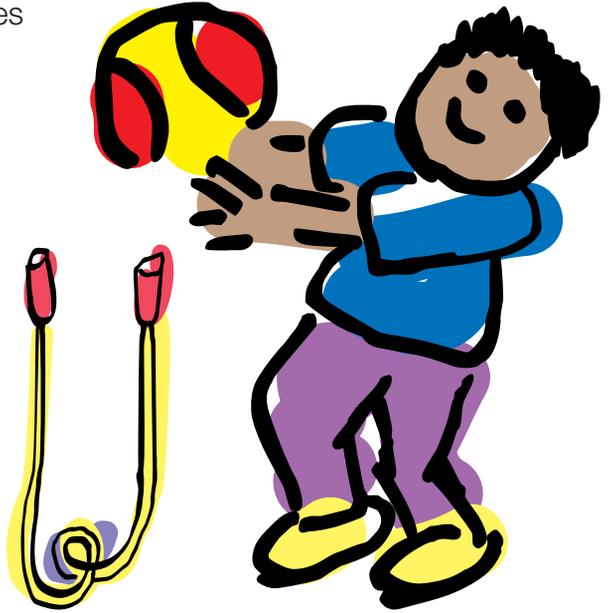
Outdoor helping activities

- Help walk the dog
- Help clean up the yard
- Help garden
- Help wash the dog
- Help wash the car
- Take walks



Toys to play with:

-  Light weight hand paddles
-  Hula hoops
-  Beach balls/large balls
-  Tricycle
-  Jump ropes
-  Light weight bat and ball
-  Child-size toys:
 - Broom
 - Rake
-  Toy cars and trucks
-  Blocks



Things at home to play with:

-  Plastic coffee can lids (Frisbee™)
-  Aluminum foil (make a ball)
-  Empty boxes or baskets
-  Newspaper balls
-  Sock balls
-  Dress up clothes
-  Run through sprinkler



Games to play:

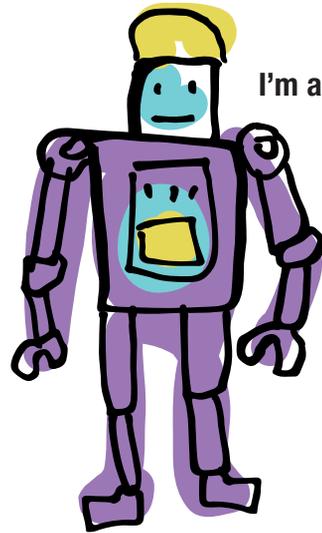
-  Dance to music
-  Hopscotch
-  Leap frog
-  Hide-and-seek
-  Jump rope



Playing with your preschooler helps your child grow smarter, stronger, healthier and happier.

Preschoolers learn by:

-  Copying
-  Following examples
-  Following simple directions
-  Playing make believe
-  Moving



I'm a robot.

Your child can do these activities:

- | | |
|--|---|
|  Tumbling |  Catching |
|  Crawling |  Dancing |
|  Hopping |  Skipping |
|  Rolling |  Throwing |
|  Climbing |  Galloping |
|  Tossing |  Kicking |



Celebrate your life together. Take time to play together.



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