

Contact: Susan Taylor Brown (408) 515-4695
4770 Harwood Road, San Jose, CA 95124
Contact: Toni Buzzeo (207)929-6896
59 Back Nippin Road, Buxton, ME 04093

10 REASONS TO PLAY WITH YOUR CHILDREN

San Jose, CA ---“Playtime is important to your child’s development,” say children’s authors Susan Taylor Brown and Toni Buzzeo. “And playtime with a parent can be the most important play of all.” Brown and Buzzeo, who have each authored picture books about parent-child play, offer the following ten reasons to play with the children in your life.

- 1. Play is your child's job.** Your job is to provide stimulating experiences for him to explore. Help him as he learns to navigate the world around him and the worth within him.
- 2. Play strengthens the emotional bond between parent and child.** Since play is a child’s “work,” participate in that play and let your child know that you value what is most important to him.
- 3. Adult work is child’s play.** What seems like work to you (doing the dishes, pulling weeds) can become play by doing it lightheartedly with your child. Make it a game and chore time becomes playtime.
- 4. Play is fun.** Children know this instinctively, but as adults we’ve often forgotten. Be silly! Have some fun!
- 5. Play is healthy.** Engage in play that involves vigorous physical activity or is deeply relaxing for a healthier child and a healthier you.
- 6. Play encourages social skills.** As you play with your child, teach him fairness, sharing, team-spirit and other positive social behaviors he will then practice when he plays with others.
- 7. Play encourages exploration and creativity.** Boost your child’s opportunity to use complex thinking skills, solve problems, and invent solutions.
- 8. Play with a parent builds self-confidence.** Let him teach you, for a change, and watch his confidence soar.
- 9. Play helps your child to discover his or her passions.** We often love what we do best or are most interested in. Increase your child’s chances of discovering those passions by engaging in a variety of play.
- 10. Play celebrates the short time our children are young.** Don’t let the fleeting days rush by without a little bit of fun together!

Susan Taylor Brown is the author of children's books including the picture book, OLIVER’S MUST-DO LIST (Boyd’s Mills Press – ISBN 1590781988). She conducts school visits and creativity workshops. Email Susan: susan@susantaylorbrown.com or visit her website <http://www.susantaylorbrown.com>. Toni Buzzeo is the author of several children’s picture books including READY OR NOT, DAWDLE DUCKLING (Dial – ISBN 0803729596). Toni is a frequent speaker at schools, libraries, and conferences. Email Toni: tonibuzzeo@tonibuzzeo.com or visit her homepage <http://www.tonibuzzeo.com>

#