

# Taming Emotions

- Deep breathing
- Find a calm place
- Movement
- Communicate feelings
- Once your child is calm, deal with the behavior and help them identify and understand the emotion



# The Importance of Play

Play helps to develop the “whole” child

- Expands their language and vocabulary
- Develops creativity, imagination and problem-solving
- Helps strengthen physical development
- Develops social skills (cooperation, turn taking, sharing)
- Fosters emotional maturity

# Incorporating play into your busy day

Play can be built into everyday routines and activities

Play games in the car

Have a picnic

Cook and bake together

Go outside, the park, the beach

Play games while grocery shopping

Play games while tidying or cleaning up

Water play is a fun way to make bath time enjoyable

Sing songs and dance together while doing everyday routines and chores