

# We Prescribe – PLAY!



Cardinal Pediatrics  
304-599-8000

## Want creative, curious, Healthier Kids – LET THEM PLAY!

- Social, Emotional Skill Development
- Improves Academic Skills
- Learns to cope with stress
- Builds safe, stable, nurturing relationships

## When a child asks you to play SAY YES!

It is one of the more fun things  
about being a parent and it's FREE.

## What is Play?

Play is UNSTRUCTURED FUN! According to an AAP clinical report, children's play is not frivolous. Rather, play is brain building, a central part of healthy child development, a key to executive function skills, and a buffer against the negative impacts of stress. Furthermore, play builds the bond between parent and child.

## So many different types of play

- Hopscotch, drawing with chalk, shadow outlines
- Whiffle ball, soccer, basketball, jump roping
- Hiking, biking on rail trails, geo-caching
- Board games, puzzles, playing make believe
- Dance Party! Crank up those tunes

## Toys and Object Play:

When playing with an object such as a toy, babies are using their sensory-motor skills to explore its properties and conduct "experiments" like a tiny scientist might. To learn if an object is solid, for example, they might bang it on the floor. Preschool-age children also use objects to develop abstract thought and concepts like symbolism, using a banana as a telephone, for example, along with sharing and taking turns.

## Physical Play / Outdoor Play

Physical fun such as free play helps develop children's motor skills, prevent childhood obesity and build emotional intelligence. The gentle thrill of a playground slide, for example, lets a child build confidence as they take risks in a relatively safe environment. Games such as duck-duck-goose and tag also help children build other socio-emotional skills such as empathy as children learn to be careful not to hurt others by tapping someone too hard, for example. It allows them to use all senses.

## Pretend Play

This type of play lets young children experiment with different social roles and learn to cooperate. Dress up, make believe, and imaginary play also encourage creativity and builds more complex negotiation, communication and language skills. ("You be the teacher, and I will be the student," a child might say.)



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Remember we are only a text/phone call away!

# Ideas for Play!

## Inside Play

- Dance Party – turn on the tunes and dance the day away
- Science Experiments – nothing better than seeing a volcano erupt with baking soda/vinegar
- Card Games – go Fish, Old Maid, UNO, and Solitaire
- Build a Fort!

## Get Outside!

- Go to a local school playground – Yes! You are allowed on there after school hours
- Sidewalk chalk – make outlines of your child and let them decorate, Paint rocks
- Make a scavenger hunt or just come up with your own game
- Grab a ball and play soccer

## Local Parks We Love

If you have one you like – please email [cardinal@cardinalpediatrics.com](mailto:cardinal@cardinalpediatrics.com)

### Harrison County

- Bridgeport City Park
- Veterans Memorial Park
- Clarksburg City Park
- Deegan & Hinkle Lakes Park

### Marion County

- Pricketts Fort State Park
- Valleys Falls State Park
- Palatine Park
- East Marion Park

### Monongalia County

- Cooper Rock State Forest
- Cheat Lake Park
- White Park
- Edith Barill Riverfront Park
- Tug Boat Depot

### Nicholas County

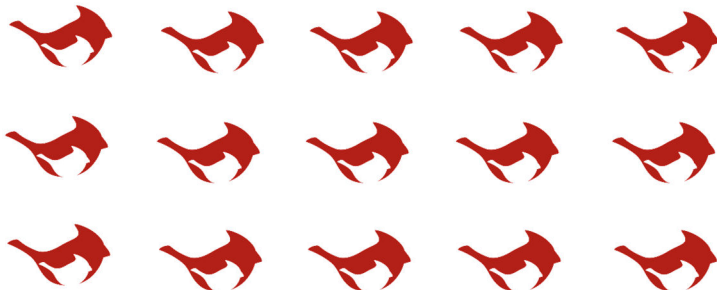
- Veterans Memorial Park
- Carnifex Ferry Battlefield State Park
- Roadside Dam Park
- Summersville Lake

### Preston County

- Deckers Creek Rail Trail
- Browns Park - Kingwood
- Cathedral State Park
- Chestnut Ridge Park

## Keep Track of your Play

Every day you play – cross off a Cardinal Bird!  
Bring this form back in for a free token for every 5 days



Token

Favorite Activity

_____	_____
_____	_____
_____	_____