**Help me play with other kids**

Play helps me learn to get along with others. It’s fun, too!

- Could you take us on a walk to collect things like leaves, rocks, and sticks?
- Could we use an old sheet for tug-of-war?
- Could you teach us to play your childhood games, like tag or Simon Says?
- Could you save some of your old clothes for pretend play?
- Could you save empty food boxes so we could have a store?
- Could you save your junk mail so we can play post office?
- Could we use a sheet and a table for a fort or cave?
- Could we play basketball with a bucket or clothes basket?

**Let’s get out and explore!**

- **I like to:**
  - dig in sand and dirt
  - help in the garden
  - walk barefoot in the grass
  - blow bubbles
  - wish on a star

I love visits to the pet store, park, zoo, children’s museum, and beach. I love story hour at the library.

- **Keep me safe outdoors**
  - Keep your eyes on me at all times.
  - Never leave me alone near water for even a second. Buckets and children’s pools should be emptied right after we use them.
  - Check playgrounds for safety.
  - I need to learn playground safety. Hold my hand when crossing the street and around swings. Put a helmet on me for biking and skating.
  - A hat and sunscreen (at least SPF 15) will protect me from too much sun.
  - Insect repellent will protect me from mosquitoes.

- **Here’s something new we will try:**
  - Keep me safe outdoors
  - I like to:
  - Keep your eyes on me at all times.
  - Never leave me alone near water for even a second. Buckets and children’s pools should be emptied right after we use them.
  - Check playgrounds for safety.
  - I need to learn playground safety. Hold my hand when crossing the street and around swings. Put a helmet on me for biking and skating.
  - A hat and sunscreen (at least SPF 15) will protect me from too much sun.
  - Insect repellent will protect me from mosquitoes.

**Hi, Folks!**

It’s me--your 3 or 4 year old!

I love to play!

Play helps me be smart, healthy and happy. It helps me get along with other kids.

I still love to play with you, too.
Let’s go play and have some fun!
When I am 3 years old

I am learning all the time. I watch what you do and try to do it, too. You are my role model. I think you are great!

I like things done the "right" way. I like to make choices. I like to do things over and over again. I like to make friends, but sharing is not easy for me yet.

I like:
- play ball games
- play under a sprinkler
- run, jump, and climb
- play on playground equipment
- take a walk

I also like:
- take care of my doll
- play dress up and pretend
- draw and color
- ask questions
- make up stories about "action figures"

I like counting games!

Let's count:
- toys as we pick them up
- buttons as we button them
- bubbles as I catch them

Active play, every day!

I have so much energy! I love to be active. Active play keeps me at a healthy weight. It makes me feel good and it helps me sleep at night.

Please encourage me to play instead of watching TV, using a computer, or playing video games.

Please watch me do things over and over again. You are still my biggest fan.

When I am 4 years old

I can do so many things by myself now! But I still love it when you and I have fun together and act silly.

Have you noticed that...
- I like to show off!
- I can pay attention longer.
- I like playing with kids my own age.
- I can share now.

I like to:
- ride a tricycle
- kick a ball
- play with clay or mud
- build with blocks or empty boxes
- dance to music

I also like to:
- play school and learn to write my name
- hear a story you make up--about me!
- play follow-the-leader
- play with dolls and "action figures"

Let's find a safe place to play

I know it's not always easy to find a safe place to play. It will be safer and more fun if you are active with me.

Books I like:
- family photo albums
- books about animals and their babies
- books about things I am interested in

Books I like:
- exciting or funny stories
- fairy tales
- picture books that I can "read" myself