

IT TAKES A VILLAGE



A NEWSLETTER FOR PARENTS AND CAREGIVERS RAISING TINY HUMANS



We are designed to be lifelong players, built to benefit from play at any age.

STUART BROWN MD & AUTHOR OF PLAY- HOW IT SHAPES THE BRAIN, OPENS THE IMAGINATION & INVIGORATES THE SOUL

Play & Mental Wellbeing

Play is how young children learn and make sense of the world around them. While they are having fun, they are working on critical parts of their development like building motor, cognitive, social and emotional skills. But the power of play extends beyond early learning: it also plays a key role in building your child's mental health – and yours too!

The Power of Play



PLAY HELPS TO STRENGTHEN THE BOND BETWEEN YOU AND YOUR CHILD

Sharing in joyful moments of fun and learning helps bring children and their caregivers closer together. By providing your child with love, comfort, and attention, you are laying the foundation for the development of emotional and social skills that support their mental health and future well-being.

PLAY HELPS REDUCE STRESS LEVELS

When you're enjoying fun moments and laughing together, your body releases endorphins that promote a feeling of well-being. Research has also shown that making time for play even protects children from the negative impacts of prolonged exposure to stress.

PLAY HELPS TO BUILD CONFIDENCE

When you take time to play with your child, your little one is learning that they are valued and fun to be around. Helping them solve a problem or celebrating a finished puzzle provides them with a sense of accomplishment.

PLAY HELPS CHILDREN PROCESS DIFFICULT EMOTIONS

When children are dealing with complex emotions or life stressors, it often shows up in their play. Giving children space to play allows them to work through feelings such as pain, fear, or loss while being able to still act like a child. Play gives them a way to express things they are struggling with, especially when they don't yet have the words to fully explain.



Caregiving, Our Mental Wellbeing & Play

Okay, so let's be honest- How many of us have the time and energy to focus on our own mental wellness, while also working, caring for our children & worrying about bills and budgets? That doesn't even include the dishes in the sink and laundry sitting in the dryer just waiting to be folded!

But we have to start thinking about our own mental wellbeing, and one thing that costs nothing could very well be an answer. What could this be? Well to put it simple- PLAY!

Play is important to children's development, and it can provide both child and caregiver with a feeling of connection and value. There is research that shows around 10 minutes a day: if you follow your child's lead and play with them for 10 minutes a day, it is vital in building connection and can be a huge protective factor in their mental wellbeing and yours.

I challenge you all to play more each day!



Play and the Mental Wellbeing of Adults

Play can help release hormones that lower stress, facilitate happiness, prevent depression, and even improve your cognitive abilities.



*Play is the answer
to how anything
new comes about-
Jean Piaget*



How can Adults Play?

Put simply... however you want!

Think about the things that make you feel at peace or full of joy. Maybe for you it's spending time outside or engaging with a loved one or even moving your body physically. All of these things can be incorporated into play as an adult!

It's important that you have your own time to play, however it is also an opportunity to invite your kids to do something you love and that brings you joy. I bet you will find it brings them joy as well.



Questions, Concerns or Just Want to Chat?
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