

# PLAY, LAUGH, CONNECT: STRENGTHENING BONDS THROUGH PLAY

When children face challenges, their caregivers play a big role in helping them heal. One of the best tools for this? Playtime! Through fun and games, caregivers can build strong, healthy connections where kids feel safe, valued, and loved. It's more than just giggles and joy—it's a powerful way to create trust, build attachment, and spark resilience. Whether it's an adventurous game or make-believe fun, each moment of play plants seeds for healing and growth.



## Why Play? Because It's Uplifting!

- Playing with your child shows them their ideas are valuable.
- Playtime gives them chances to win, explore, and shine.
- Play helps build tight bonds and deep connections.
- Laughter and play bring more happy moments into your lives.
- Playtime can help melt away worries and ease anxiety.

## Jump In: How to Start Playing Today

- Make play a daily part of your routine—it's easier than you think!
- Just 10 minutes of play can make a BIG difference.
- Ask your child, "What's your favorite game today?" and dive in!
- Set aside special 1-on-1 time with each child for individual connection.



## What Should I Do? Go With the Flow!

- Follow your child's lead—they're the play expert!
- Mirror their choices, actions, and imagination.
- Avoid jumping in to "fix" or solve—let the fun unfold naturally.
- Cheer on your child's ideas and celebrate their creativity.
- Most importantly: delight in every silly, playful moment!

Follow these links below to learn more about the benefits of connecting with your child through play.

- [The Benefits of Playing with your Child](#)
- [A Little Play Goes a Long Way: The Importance of Playing with Your Child](#)
- [Tips for Parents: Let's Play!](#)
- [Connecting with Children Through Play](#)