

## School-age children

Going to school gives children ages 6 to 12 a brand new way to learn to play fairly with others, follow rules, and share. They also will express thoughts and feelings more clearly.

Talk with your child about his or her interests and worries. Help with homework, such as art and science projects. Just for fun, pick something interesting to learn about together.

*Good toys and activities for school-age children include:*

- Books and puzzles
- Board games
- One-player and team sports
- Marbles, jacks, yo-yos, and jump ropes
- Bicycles and other toys to ride
- Job-related toys to play doctor/nurse, builder, or banker

### Safety tip

*Make sure that children wear safety gear (helmets, knee and elbow pads, wrist guards) when playing sports.*



## Teenagers

Teenagers learn to do more things on their own, think things through, and understand the results of what they do. They can respect another person's point of view.



Though teenagers may spend a lot of time with friends, be sure to talk with and listen to them. Attend school plays and sporting events. Visit a park or museum together.

*Good toys and activities for teenagers include:*

- Books
- Board games
- Games of strategy
- Role-playing games
- One-player and team sports
- Join a youth group, youth program or school club

### Safety tip

*Check video, computer, and other games for appropriate age ratings.*



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# Power of Play

Good ideas for  
playing with  
your child  
and safe toys  
for children  
of all ages



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Toy Industry Foundation

The Power of Play Initiative is a partnership of the  
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# Introduction

Play is an important part of a child's life. Your child learns and grows by playing with you, with other children, and through creative games.

*Power of Play* will give you good ideas for playing with your child and safety tips for children of different ages.

## Infants

Infants learn about the world by seeing, smelling, hearing, tasting, and touching. They begin to talk and learn to use their bodies to do things they like.

Infants like to be held and rocked, talked or sung to, and called by name. They also like to hear music and play peek-a-boo.

*Good toys for infants include:*

- Picture books
- Mobiles and crib gyms
- Rattles and bells
- Musical toys
- Balls
- Toys that can be chewed

### ✔ Safety tip

*Remove mobiles and crib gyms when your baby is 5 months old or begins to push up on hands and knees.*



If you have any questions about how to play with your child or safe toys, ask your health care provider.

For more information, please contact:

The Children's Health Fund

*Power of Play*

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## Toddlers

From age 1 to 3, children use new skills to explore the world. Toddlers solve simple problems, pay more attention to what they hear, and can more clearly say what they think and feel.

Your toddler likes to play matching games, dance to music, and read books with you. Toddlers like to mimic grown-ups. For a fun game, take a turn at imitating your toddler.

*Good toys for toddlers include:*

- Books and puzzles with large pieces
- Toys that can be pushed, pulled and stacked
- Paper with crayons and washable markers
- Tricycles and other toys to ride
- Musical toys
- Kitchen sets and play food

### ✔ Safety tip

*Avoid toys with small parts, sharp corners, rough edges or strings.*



For more information on toy selection and toy safety, visit the Toy Industry Foundation at: [www.toy-tia.org](http://www.toy-tia.org)



## Preschoolers

Children age 3 to 5 express themselves in new ways and play with new things. They become better at using their bodies, begin to pretend play, and learn to get along with others.

Play outside together on swings, in a sandbox, or go for a walk. Read and look at picture books, and talk and sing together. Let your pre-schooler help with chores.

*Good toys for pre-schoolers include:*

- Books and puzzles
- Balls
- Shovels and buckets
- Dolls or action figures
- Toys that can be pushed, pulled, or stacked
- Clothes to play dress up

### ✔ Safety tip

*Adults should always watch over children when they play—inside, outdoors, on a playground, and near water.*

