

# PLAY & LEARN:

## *Old House* book



Sing.



Play.



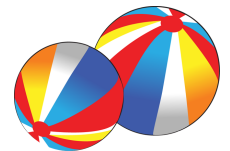
Love.®

No preschooler is an “island.” Rarely do we get things done – or have fun – in isolation. We need friends and family members to help us achieve a goal. Sometimes that requires us to give up some personal comfort or allow the needs or desires of others to replace our own. Teamwork involves cooperation and collaboration, and the ability to delay our personal gratification to meet the needs of others.

Even babies learn how to “take one for the team” when they cry for a bottle, and their parent says, “I will be there in one minute!” Babies learn to suck on their fingers until mommy or daddy appears with a bottle in hand. Toddlers can work together by participating in simple chores such as putting away toys or placing clothes in the washing machine. And preschoolers learn to solve problems at home or in school, as they begin to utilize strategies for trading, sharing and playing together.

**Here are some simple ways to teach about teamwork and cooperation.** Enjoying these simple play activities together to enhance the bond between you and the child.

**Roll the Ball.** Ball-rolling games are great for practicing cooperation at any age. Sit on the floor with your feet apart. Tell your child to look at the eyes of their ball play partner, and then roll the ball to him or her. Toddlers will learn to share and take turns by catching and rolling the ball. As your child grows, add more balls and more friends to the game. Ask children to catch the ball and then roll it to a friend. It is fun to keep as many balls rolling as possible!



**Building with Boxes.** Children of all ages love to build with blocks! Working together to build with blocks supports a variety of important skills, including: imaginative play, persistence, problem-solving and spatial orientation. The simplest way to create a set of giant building blocks is to save shipping or shoe boxes, and tape them shut. It is fun to have boxes of different shapes and sizes. You might want to seal the boxes shut with duct tape in different colors, or you can wrap the boxes like gifts with wrapping paper. Children can create towers or buildings, or can build furniture for their stuffed animals or dolls. Allow lots of room so that your child can push his tower down and watch it topple!



Together we will help your child learn and grow. **SingPlayLove.com**