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10 REASONS TO PLAY WITH YOUR CHILDREN

San Jose, CA ---"Playtime is important to your child's development," say children's authors Susan Taylor Brown and Toni Buzzeo. "And playtime with a parent can be the most important play of all." Brown and Buzzeo, who have each authored picture books about parent-child play, offer the following ten reasons to play with the children in your life.

1. Play is your child's job. Your job is to provide stimulating experiences for him to explore. Help him as he learns to navigate the world around him and the world within him.
2. Play strengthens the emotional bond between parent and child. Since play is a child's "work," participate in that play and let your child know that you value what is most important to him.
3. Adult work is child's play. What seems like work to you (doing the dishes, pulling weeds) can become play by doing it lightheartedly with your child. Make it a game and chore time becomes playtime.
4. Play is fun. Children know this instinctively, but as adults we've often forgotten. Be silly! Have some fun!
5. Play is healthy. Engage in play that involves vigorous physical activity or is deeply relaxing for a healthier child and a healthier you.
6. Play encourages social skills. As you play with your child, teach him fairness, sharing, team-spirit and other positive social behaviors he will then practice when he plays with others.
7. Play encourages exploration and creativity. Boost your child's opportunity to use complex thinking skills, solve problems, and invent solutions.

8. Play with a parent builds self-confidence. Let him teach you, for a change, and watch his confidence soar.

9. Play helps your child to discover his or her passions. We often love what we do best or are most interested in. Increase your child's chances of discovering those passions by engaging in a variety of play.

10. Play celebrates the short time our children are young. Don't let the fleeting days rush by without a little bit of fun together!

Susan Taylor Brown is the author of children's books including the picture book, *OLIVER'S MUST-DO LIST* (Boyd's Mills Press - ISBN 1590781988). She conducts school visits and creativity workshops. Email Susan: susan@susantaylorbrown.com or visit her website <http://www.susantaylorbrown.com>. Toni Buzzeo is the author of several children's picture books including *READY OR NOT, DAWDLE DUCKLING* (Dial - ISBN 0803729596). Toni is a frequent speaker at schools, libraries, and conferences. Email Toni: tonibuzzeo@tonibuzzeo.com or visit her homepage <http://www.tonibuzzeo.com>

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