

Daily CARE!

The How & Why of Daily Playtime

“Daily CARE” is for **one parent** and **one child** together. This activity gives you **five minutes per day** to **have fun** and enjoy time with your child while working on **family goals**. The daily routine of play can help children feel **secure** and stable. **One-on-one** playtime lets you get to know your child in new ways.

Daily CARE also gives parents opportunities to practice the **PRIDE skills** -- and any **Behavior Management Strategies** that may be needed!



It's always great to spend time with your kids!
However, only some activities are “Daily CARE” activities.

Daily CARE is:

Fun & Engaging!



Cooperative!

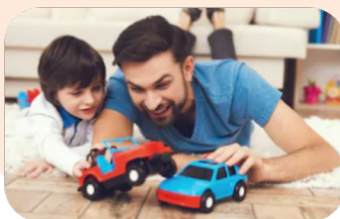


This!

Interactive!



Easy to talk together!



Not this!

Daily CARE Toys!

- K'NEX™
- Legos™
- Lincoln Logs™
- Magnet Tiles
- Simple card Games: Uno, Go Fish, Memory match

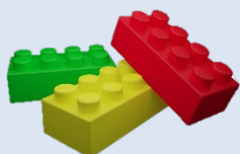


- Simple board games, such as:
Once Upon a Time: The Storytelling Card Game; CandyLand; Ticket to Ride!
(Be sure to check the age range for games)



- Model train sets, planes, and cars

- Playdoh™
- Potato Heads
- Arts & Crafts: painting, drawing, coloring, building, making play jewelry



Quick Tip:

A fun, interactive playtime activity is **face-to-face**: talking and smiling with each other