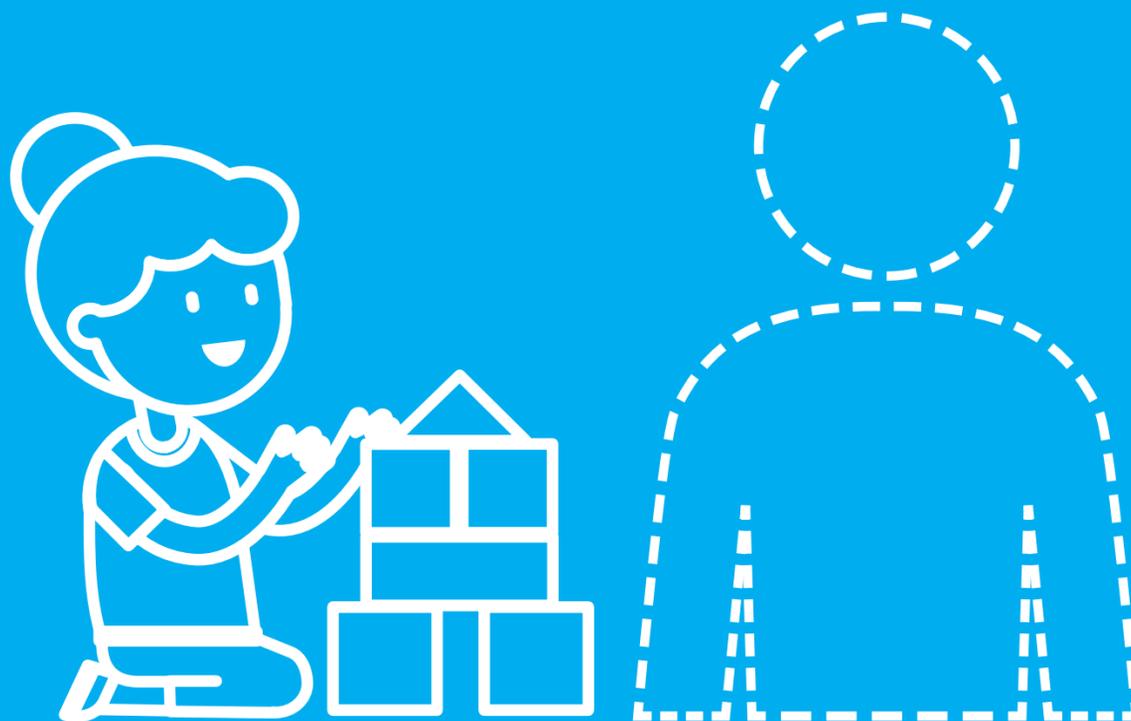


**Dads,  
it's your turn!**

**How to play with  
your children ?**

# I want to play with my dad

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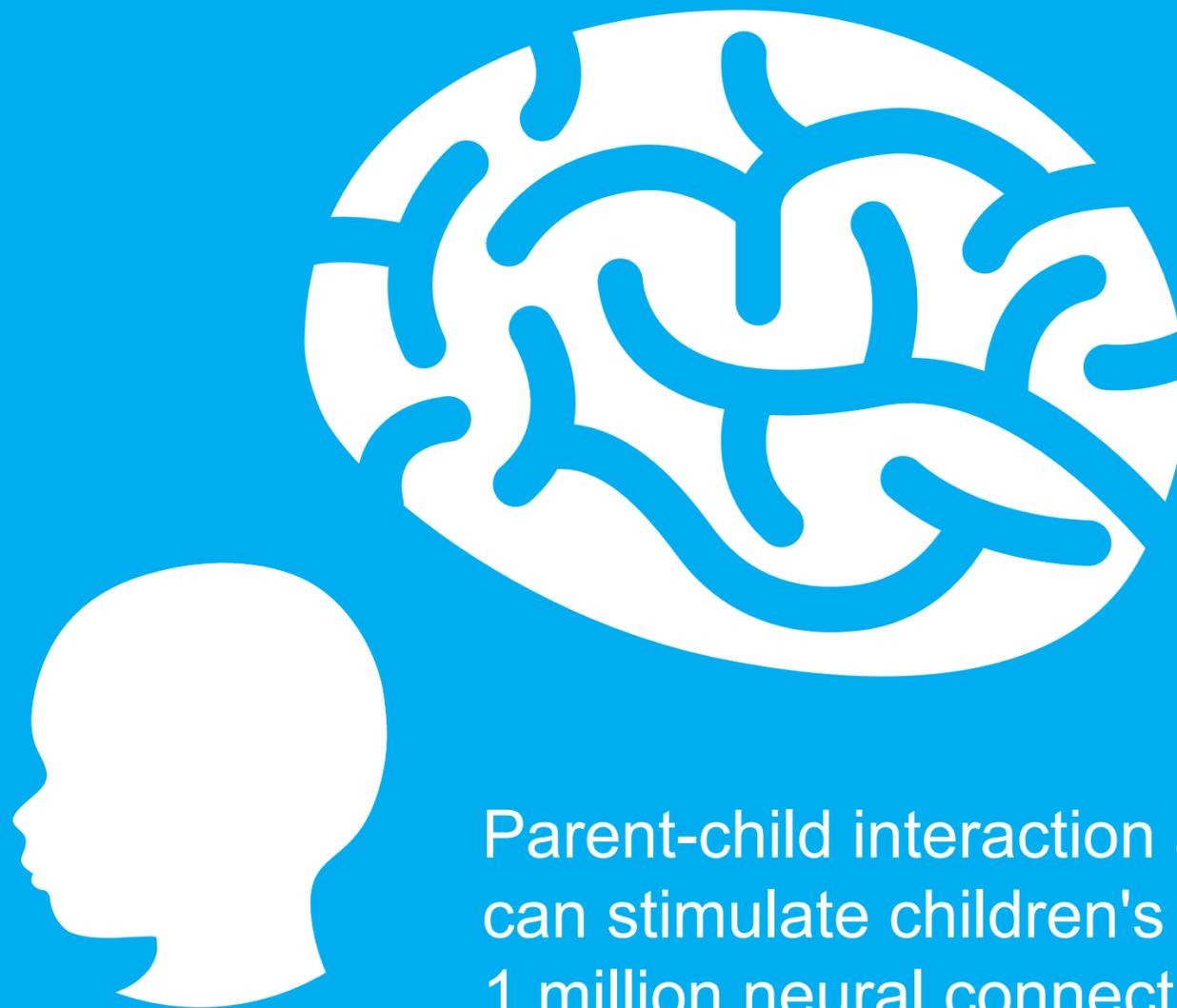
Based on UNICEF's report, in over 74 countries worldwide, 55% of children aged between 3 and 4 years old have fathers who do not play or engage in early learning activities with them.

**Play more**

**Next  
Page**

# Promote brain development

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Parent-child interaction and games can stimulate children's brains to form 1 million neural connections per second, improving their brain function and boosting their learning ability.

**Play more**

**Next  
Page**

# Why play is important?

3 out of 5 components in the nurturing care framework can be supported by parent-child play



# How to Play



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Aged 0 - 2



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Aged 3 - 5



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Aged 6 - 8

# Aged 0 - 2



## Characteristics:

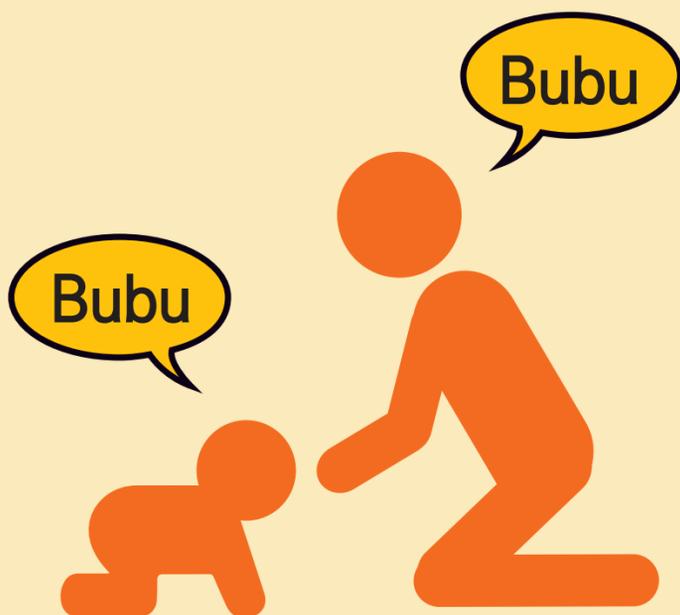
At this age, a child's brain forms neural connections at the active rate, up to a million connections per second. The provision of adequate #EatPlayLove is crucial for children's brain development.

## Types of play:

Meaningful interactions (Serve & Return) are the best play for babies.



When babies babble, parents can use facial expressions, actions or similar babbling in response.



Peekaboo: Cover your face with your hand, then move it away and smile at your baby. They will enjoy it a lot! .



# Videos

## Peekaboo



 Watch

## Music Room@ HOME



 Watch

## Hugging Babies



 Watch



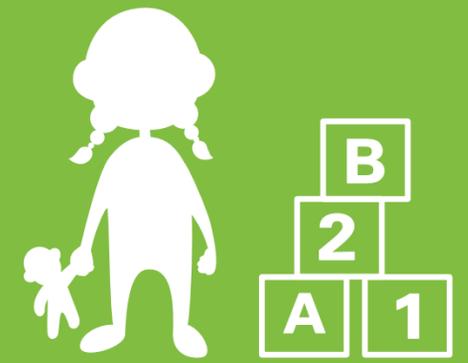
Music Room@HOME: Use a spoon to beat various household items (e.g. jars or bottles) and create music with children. Different sound patterns can stimulate children's brain and sensory development.



Simple parent-child play can improve the relationship between parents and children. It can also help form neural connections in children's brains.



# Aged 3 - 5



## Characteristics:

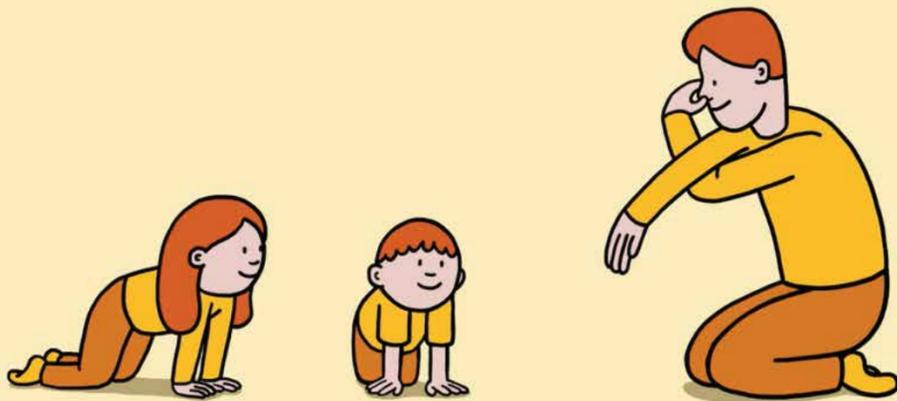
At this developmental stage, children's linguistic, social, emotional and cognitive skills grow rapidly. Children start to play independently. They can develop their imaginations, curiosity and creativity through play.

## Types of play:

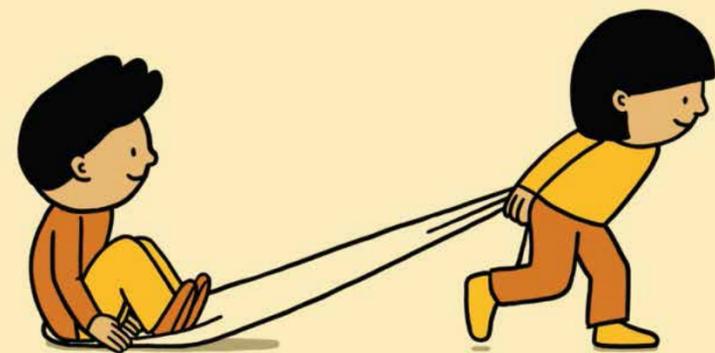
Children can learn through playing, reading, singing, and peer-interactions.



**Mimicking animals:** Mimicking animals' actions and sounds can inspire children's creativity and train their muscles of the mouth.



Parents don't need to worry about designing games for their children. With a safe and playful environment with providing loose parts, children will explore their imaginations and create their own games naturally!



# Videos

Mimicking animals



 Watch

Safe & playful environment



 Watch

Cardboard tunnel



 Watch

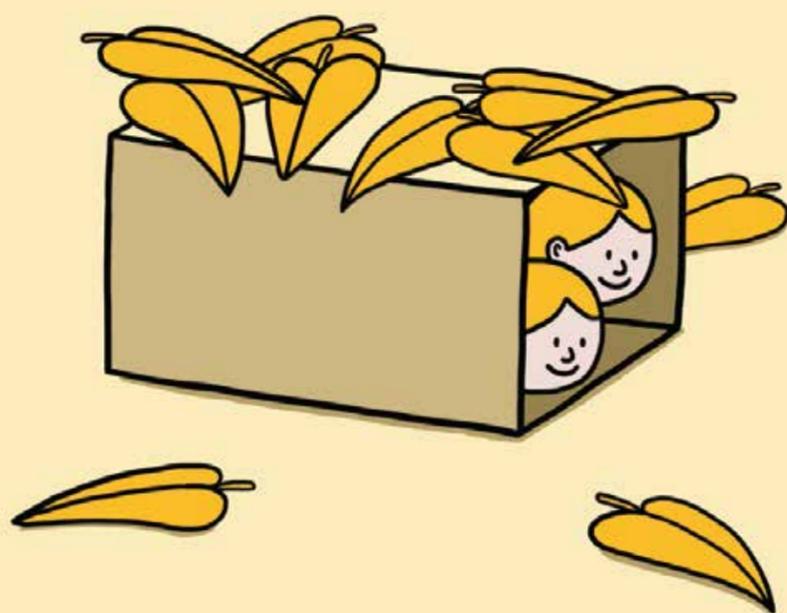
Hand shadow storytelling



 Watch



Cardboard tunnel: Crawling through the tunnel strengthens children's muscles and improves their motor control skills.



Hand shadow storytelling: While you're telling a story, you may recreate a tale with hand shadows to inspire your children's imaginations!



# Aged 6 - 8



## Characteristics:

At this stage, children can play independently, understand game rules, and play cooperative and cognitive games with other children.

## Types of play:

Children are experts in play. They are gifted to play whatever and whenever they want. Parents can transform homes a little bit or DIY games with children. Let's turn home into the ideal space for play!



**DIY game - Paper Roll Maze:** Using paper roll and cardboard to create a maze. Roll the ball through all tubes to develop hand-eye coordination.



**DIY game - Carpet Fishing:** DIY the carpet fishing by sticks, paper cups, magnets and thumbtacks. The game can develop children's concentration.





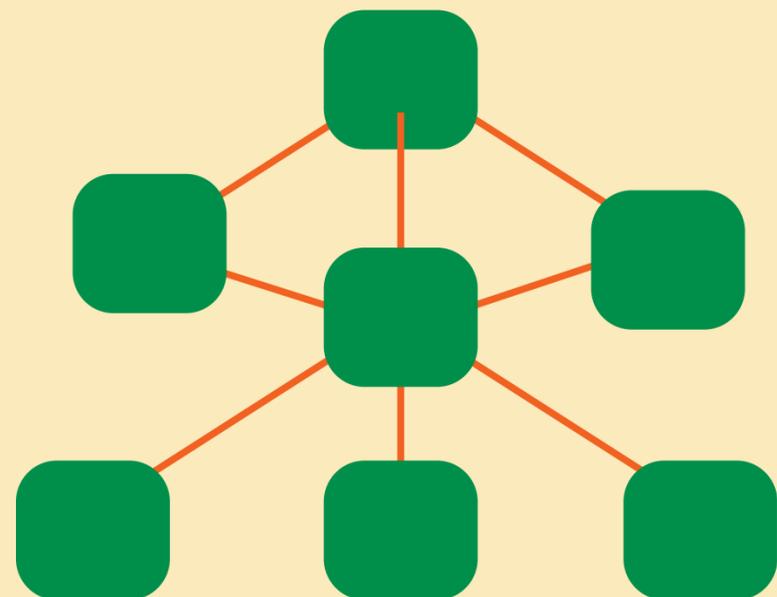
Laser challenges: Stick strips of cloth across the corridor walls or door frames to create “Laser Field”, and let children come up with their planning strategies.



DIY game - Bowling: Arrange 10 paper tubes or bottles on the floor, and roll paper ball towards the bottles to knock them down. This game can develop children’s hand-eye coordination.



DIY game - 17 Toothpicks: Use 17 toothpicks and dough balls to make anything you want! This game can develop children’s imagination and creativity.



# Learning through Play

Introduce the definition of play, the importance of early childhood development, and how to integrate play into early childhood education programmes.



↓ Read



# Mini Parenting Master Class: Play

In this 5-minute video, Dr. Jack Shonkoff explains why play is important to children's brain development, how to play and interact with young children in a funny way.



📺 Watch



# Early Childhood Development Leaflet

The leaflet provides tips for teachers, parents and child care worker to boost children's development.



↓ Read



## What We Mean by: Playful Parenting in the early years

This booklet is produced by The Lego Foundation, a partner of UNICEF, to introduce the purpose and methods of playful parenting.



↓ Read



## Find out more resources on Early Childhood Development

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Education Web Portal

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on Early Childhood Development for free



 **UNICEF Hong Kong**

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for every child