

Preschool Play



What can I do to help encourage play in my child?

Each child is different and may enjoy different toys and activities. But these ideas may work for your preschooler.

What preschoolers like to do

Keep in mind that a preschooler likes:

- Space in which to run and explore
- Simple sports and other activities

What you can do as a parent

- Read to your child.
- Take trips to the park, beach, and other places.
- Encourage play with other children.
- Limit your child's TV time. This means TV no more than 1 to 2 hours per day, according to the American Academy of Pediatrics.

Toys for your preschooler

A preschooler will enjoy:

- Slides
- Seesaws
- Toys that can be ridden
- A small, supervised pool
- Wagons and wheelbarrows
- Skates or scooters, if you keep a close eye while your child uses them
- Dolls
- Playhouses
- Trucks, cars, and airplanes
- Clothes to use to play dress-up
- Healthcare provider play equipment
- Play nails, hammer, and saw
- Play makeup and shaving supplies

- Books
- Puzzles
- Toys that play music
- Art supplies

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