Parents are always busy, so the time parents spend with their children is limited. Parents spend time with their children doing all kinds of activities, including A and B. Considering making good use of the time, some parents choose to use it doing things related to schoolwork with their kids. However, there may be of little help for parents to assist their kids on study, and thus it may be not the best choice to spend the time studying with children. Therefore, in my opinion, this precious time should be spent having fun playing games or sports.

First, playing brings kids good health. Doing sports will certain gain the kids strength and keep them from decease. During the flu in 2001, many kids in the kindergarten suffered from cold and fever, however, investigations have shown that kids who did much sport were less likely to get flu. Obviously, having fun and doing sports bring kids good health.

Meanwhile, having fun is also good for kid’s mental development. Nowadays, plenty of children in school bear the burden of pressure from peers and school work, especially in East Asia. Surveys have shown that the rate of committing suicide is becoming higher and higher among the young in China and Japan. An effective solution to pressure is having fun playing, which makes brain producing some substance to defend us from pressure. So, having fun is good for kids’ mental development.

Last but not least, playing games improves children’s social skills. Lots of researches show that animals learn to communicate with each other by playing, and when it comes to human, the situation is similar. If parents want their kids have less trouble communicating in school, they may train kids’ social skills during games. Thus, playing benefits kids socially.

In a word, it is highly recommended that parents should spend their spare time with their kids having fun playing games or sports, because it will benefit kids physically, mentally, as well as socially. As the education on kids is of great significance, it is a core issue for parents to choose how to spend their time with children.