

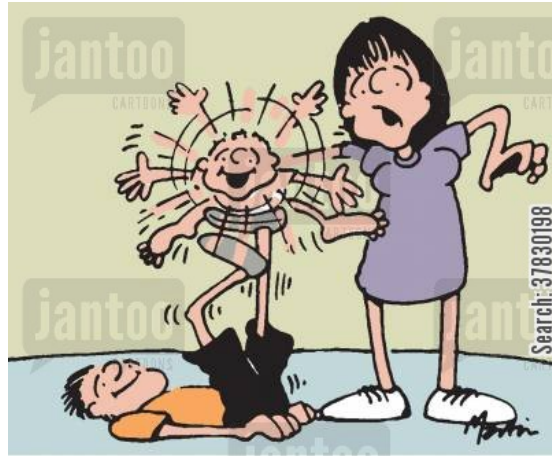


This month's newsletter focuses on the dynamics behind play and includes both general information and how to use play therapeutically.

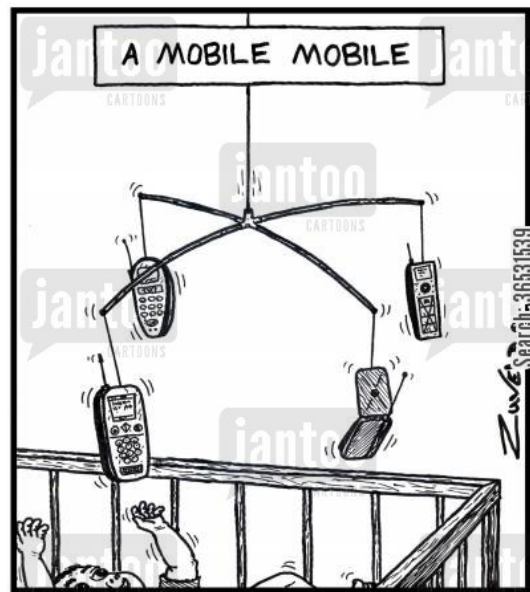
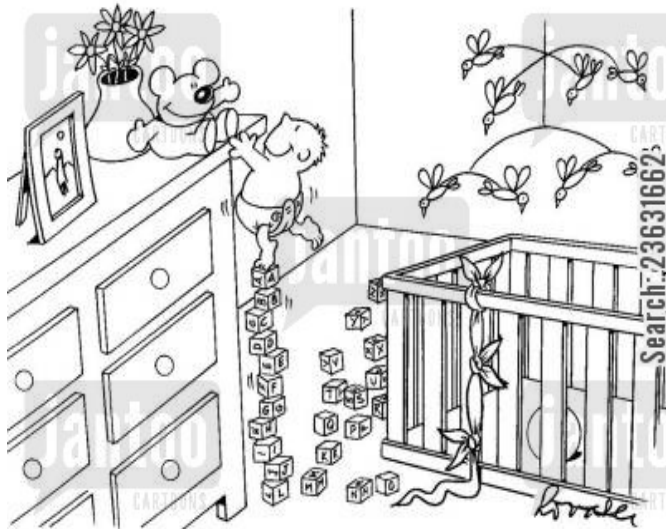
- Play is the fundamental language of the child. It is one of the first behaviors that an infant learns by exchanging social communication with their caregiver, e.g., smiles, eye contact, etc.
- Play is one of the ways in which attachment, communication, cognitive, social, and motor skills form, for example, through social interactive games like “peek-a-boo”, “patty-cake” and such.



A Laugh for the Day.....



THAT'S NOT WHAT I MEANT WHEN I SAID GO PLAY WITH YOUR BABY BROTHER!



## Parent and Professional Resources:

Alice Sterling Honig has written an on-line article entitled “Infants & Toddlers: Playing games with very young children”, <http://www.scholastic.com/teachers/article/infants-toddlers-playing-games-very-young-children?plimages=n&x=40&y=17>. This article describes games which can be played between caregivers and their infants and toddlers.

“**The interpersonal neurobiology of play**” by Theresa Kestly, is a new book for clinicians, teachers, and parents which describes the clinical experience and latest research in neuroscience by describing the role of play and relationships in children’s growth and healing. See the webpage: [www.tinyurl.com/ngy6n32](http://www.tinyurl.com/ngy6n32).

“Mindfulness-based play-family therapy: Theory and practice” by Dottie-Higgins-Klein. A book for clinicians which describes a step-by-step approach to using Zen with play and family therapy approaches. See the webpage: [tinyurl.com/krra28s](http://tinyurl.com/krra28s)

## Websites:

<http://www.toddlertoddler.com/>- Toddler -Toddler is a website which has a variety of activities, games, and crafts for toddlers which are “playful”.

<http://handsonaswegrow.com/50-toddler-activities-> A website which has a variety of craft activities including sensory activities for toddlers.





Play,  
Learn  
and  
Grow...  
Together!