

# Provider Tip of the Week

July 27, 2022

## The Importance of Play

This week, we are sharing a tip from Dr. Prachi Shah, a Clinical Associate Professor of Pediatrics at the University of Michigan. Play is important for children to build cognitive and social-emotional skills, problem solving, creativity and curiosity.

Challenge your families to find 5-10 minutes a day for “sunshine time” with their children. This is a time of shared warmth and joy that helps children and caregivers delight in each other.

1. Choose toys that promote cooperative play
2. Follow the child’s lead
3. Narrate what the child is doing
4. Mirror joy and delight



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