

PARENTHOOD

Playful Tips For Positive Parenting



(NAPSA)—Learning more about how children develop and grow can transform the everyday tasks of parenthood into extraordinary moments with your child.

Here are a few playful tips for bonding with your baby from the experts at PLAYSKOOL and CVS/pharmacy:

- **Let's Wash Up.** Washing up isn't just about getting clean, it is also a great time for play!

Take time to make up songs together, talk about the day, play peek-a-boo with washcloths and make tub time something you both look forward to. After all, with comforting warm water—and the comfort of mom—bath time is the perfect time for playing, bonding and helping her learn her tummy from her toes.

- **Let's Play Together.** Children learn best—and have the most fun—when they have your attention and your encouragement. From making funny faces at each other, to pretending to be monkeys, everything you do teaches your little one about the world around her. So keep those nursery rhymes, peek-a-boos and make-believe games coming, because the biggest lesson of all is that learning and growing is tons of fun.

- **Let's Be Well.** When your little one is feeling under the weather, more snuggling and smooching will make you both feel better. Even a baby, who seems too little to possibly understand your words, benefits from the soothing sound of your voice. Your strong and comforting presence lets her know she can count on you to “make it better” even when you're trying to complete the unpleasant task of taking her temperature or soothing sore gums when she's cutting a new tooth.

Children need your extra loving care when they don't feel well. If baby is teething, provide a PLAYSKOOL Circle of Friends ring filled with sanitized water that, when refrigerated, is a cool way to soothe tender gums. As they start to feel better, let them pretend to be the doctor and take care of their dolls, their stuffed animals or even you!

- **Let's Nurture and Nourish.** Turning that spoon into an airplane is a classic for a reason—it makes eating fun! And when eating is fun for baby, mealtime is easier for you, too. Encouraging your little muncher to try new things and “eat up” is great, but don't worry about that “clean plate” rule: now is the time to help her build a healthy relationship with healthy food. Make sure to give her an enthusiastic “Good job!” or a big smooch on the cheek between bites.

Encourage your toddler to develop imaginative play and nurturing skills by allowing her to have an extra sippy cup to give to her favorite doll or stuffed animal. This is easy to do with PLAYSKOOL Wash or Toss Cups, which are so reasonably priced you won't mind giving her an extra one to share with her playmates and her favorite doll.

A few well-chosen items can help busy parents incorporate play into ordinary situations. The PLAYSKOOL Wash or Toss Cups are perfect for moms on-the-go and they are great for play dates because they let children feel confident and independent, while allowing moms to stop worrying about spills. These items are available exclusively at CVS/pharmacy locations nationwide.