

# Pointers For Parents

## Playdate Etiquette

(NAPSA)—The next time your youngsters want a playdate, it can seem more like child's play for you.

Here are some tips about the rules of playdates, according to expert mommy blogger Kemi Ingram of MOMboTV, an Internet television channel for mindful mothers. She suggests:

**1. First, set a definitive beginning** but keep the ending time flexible. Flexibility in playdate end times can help keep things relaxed. Just be sure to communicate when you have to leave.

**2. Encourage a spirit of cooperation...not competition.** The focus of a playdate should be on "play." It's not the time to compare rates of development or to encourage one-upmanship among children. Your child's achievements should not be the focus of playdate conversation.

**3. The best playdates are those that offer a range of activities** for children with diverse interests. When hosting a playdate, it often works well to have a few crafty things such as crayons, toys for pretend play, cooperative games and an outdoor activity, weather permitting.

**4. Offer praise when you see a child doing something nice** for another, such as sharing, taking turns, working together and so on. Also, keep a close eye on your own children and reprimand them if need be. Don't leave



**Little ones can have a lot of fun at playdates you know are well run.**

it up to another parent or child to address an issue of your child not sharing or taking turns.

**5. Give children fair warning** when a playdate is ending and encourage them to participate in any necessary cleanup.

**6. It's usually a good idea to ask the participating playdate moms beforehand about any food allergies or food sensitivities.** Always make sure there are enough snacks to share, particularly healthful snacks that can meet a variety of dietary needs. For example, Funky Monkey Snacks come in many different flavors to suit different tastes, and they are all-natural, 100 percent fruit, gluten-free, wheat-free, dairy-free, peanut- and tree nut-free and contain no added sugars, colors, flavors or preservatives, plus they're even kosher and vegan. Each ounce contains three servings of fruit.

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