

**You're the
heroine, your
little one's life
long teacher.**

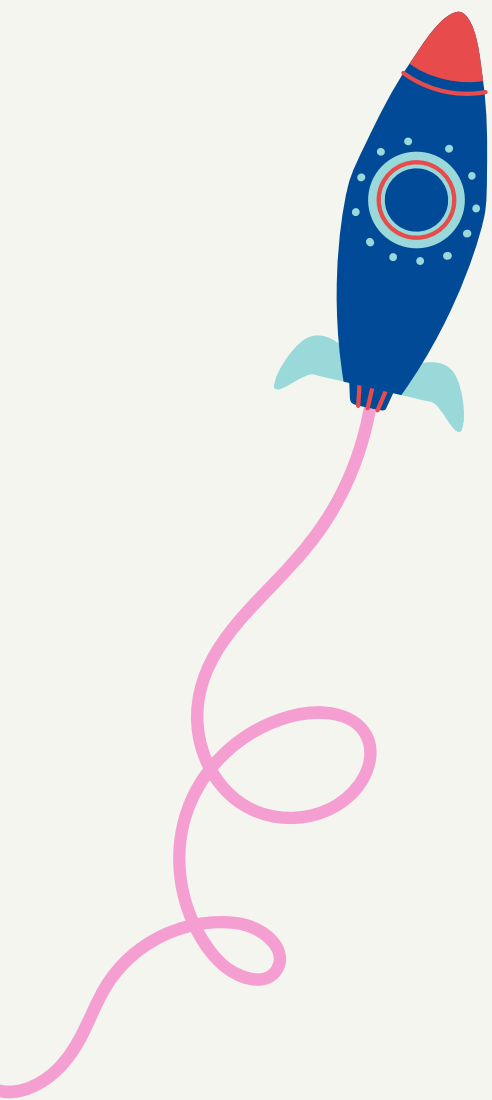


Shop Kindy Kat

Support@kindykat.co.za
www.kindykat.co.za

**Kindy Kat
Edu Toys**

Playful Parenting

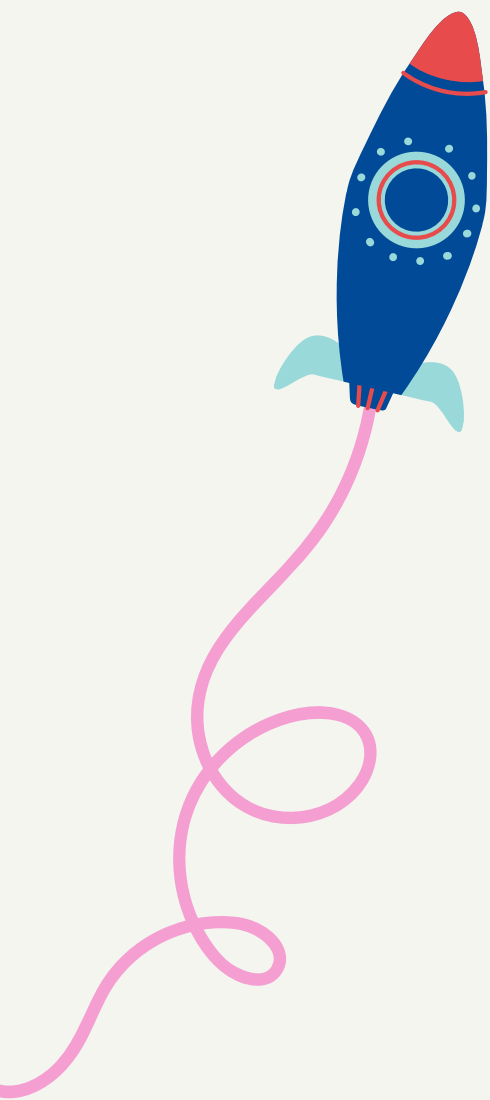


**Towards a
brighter future!**



Playful parenting

Parenting ease & skills
development



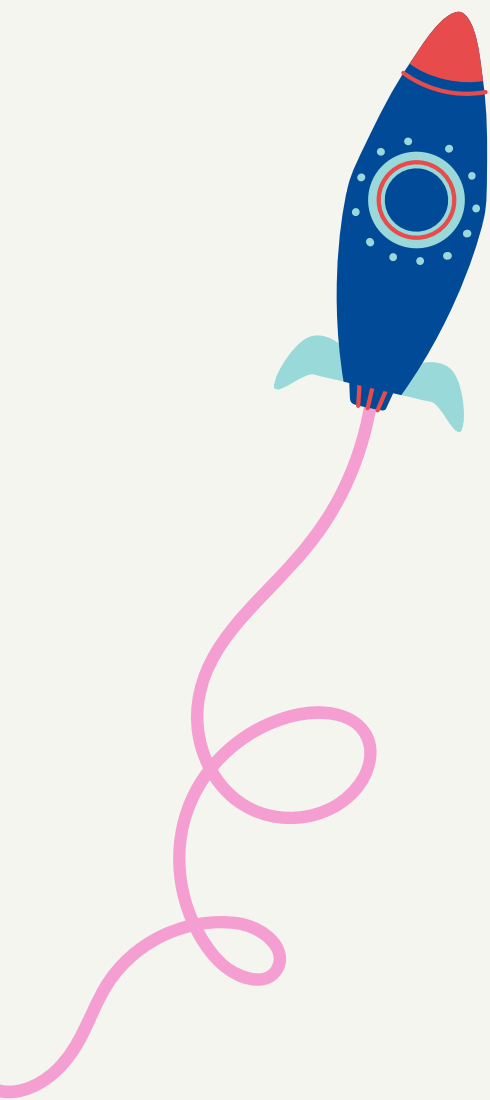
**Towards a
brighter future!**



Parenting isn't easy

We've created this little booklet for you because if you are anything like the good mums we know, we understand that a little support and knowledge shared goes a long way.

KINDYKAT TEAM



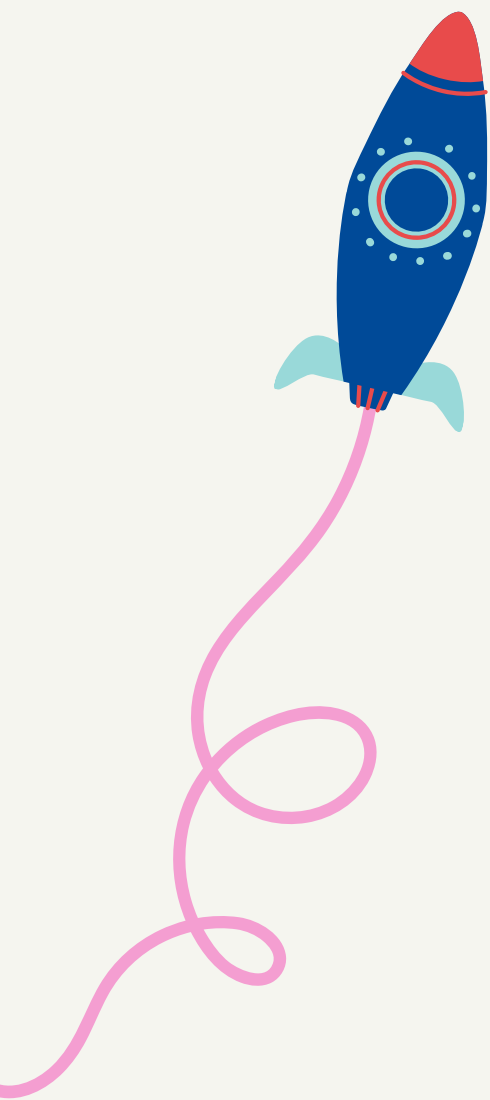
**Towards a
brighter future!**



What is playful parenting?

Have you ever stepped back to watch what really goes on when your children play? As psychologist Lawrence J. Cohen points out, play is children's way of exploring the world, communicating deep feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam

KINDYKAT TEAM



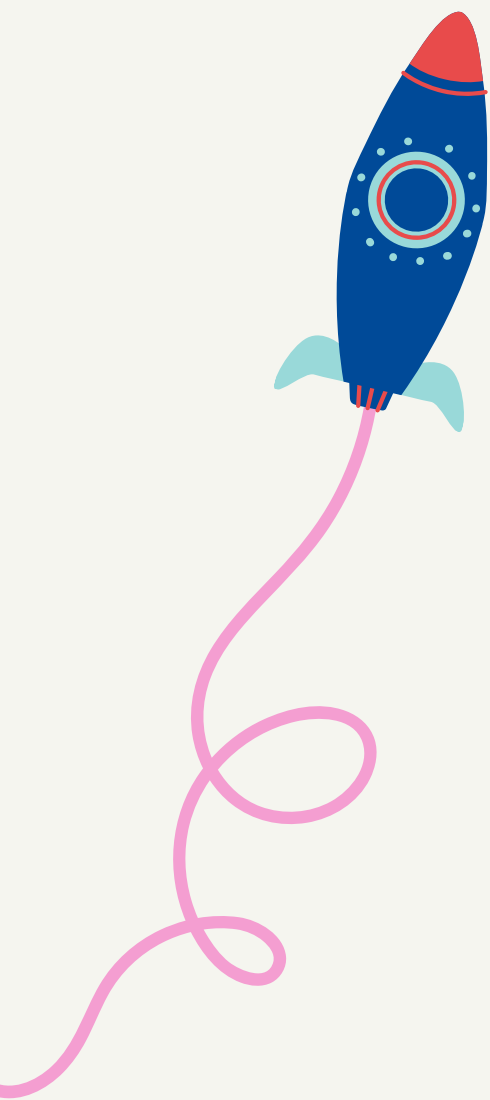
**Towards a
brighter future!**



What is playful parenting?

The way we care and connect with our little ones matters. We as mums and dads play a role in creating the type of people they are right now, and also we determine, to a large degree, the kind of people they will become. Playful parenting is a parenting style that encourages parents to play with their children. This means that we engage with our little ones in a relaxed fun focused way. It makes sense because children know nothing of the world's stresses. Secondly it makes sense because play is nature's preferred learning tool. These day there are so many approaches to parenting and to learning. There are also tons of resources. But time with you is still precious.

KINDYKAT TEAM



**Towards a
brighter future!**



What is playful parenting?

As little as 15 minutes a day playing with a parent creates all kinds of powerful effects:

Engaging in 15 minutes of mindful, focused play with your child brings demonstrable physical and neurological benefits for both of you. When we connect with our children, in an authentic and meaningful manner, our emotional right brain is reaching out and connecting with their emotional right brain.

It's a powerful micro habit to develop, especially since many parents also work outside the home.

Build a sense of self-direction and self-confidence in your child

Foster child language and social development

Allow your child to receive focused attention from you without having to misbehave to get it

Strengthen your parent-child bond

Helps you practice parenting skills

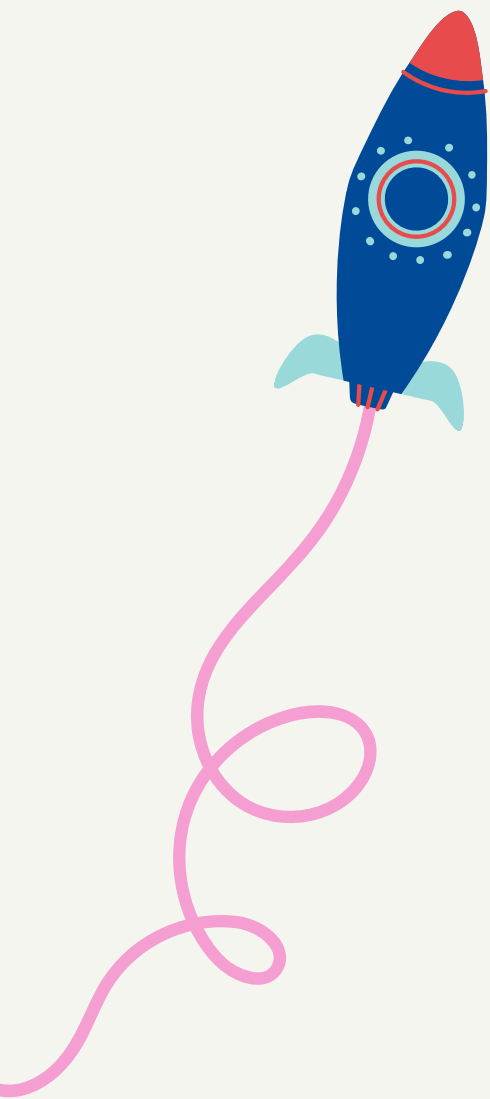
KINDYKAT TEAM



**Towards a
brighter future!**



Top toys for your 15 min of play – see **kindy kat** store.



**Towards a
brighter future!**



At home vs. preschool materials



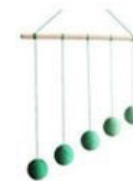
playgym



walker



mobile



rattle



ball cylinder/rolling rattle



first stacker



Top toys for your 15 min of play – see **kindy kat** store.