



# The Guilford Basics At The Playground

Going to the playground is one of the best things to do with your child. It's free, easy and gives your child a great place to explore and burn some energy. The playground can also be the perfect place to practice the Guilford Basics!



## Maximize Love, Manage Stress

Join your child in play! Make up a fun game with them, or hold them as you go down the slide together. Encourage them to try something new, and cheer them on when they do!



## Talk, Sing and Point

Talk about the weather, all of the colors you see and point at the pieces of equipment as you talk about all of the fun things to do. Sing with your child as you push them on the swings.



## Count, Group and Compare

Count the number of children at the park or the number of swings. As your child uses the monkey bars, count how many they go across. Compare the colors and sizes of slides.



## Explore Through Movement and Play

A playground is the perfect place to let your child run and explore. Encourage them to play on different kinds of equipment, try new games and explore all the park has to offer.



## Read and Discuss Stories

Bring a book to the park and take a few minutes to read and relax when they are getting tired or before heading home. Reading and discussing a good story with your child is an adventure in itself.