



Week 1: Growing Up Playfully: Understanding How Play Affects Your Child's Development

After this workshop, caregivers will know how to:

1. Recognize what skills their child can learn through play.
2. Use play to help their child develop socially, emotionally, and physically.
3. Incorporate play into everyday life.

Week 2: Playing with Feelings: Using Play to Stay in Tune With Your Child's Mental and Emotional Wellbeing

After this workshop, caregivers will know how to:

1. Use play in conflict resolution.
2. Use play to understand their child's emotional state.
3. Use play to teach their child about empathy and boundaries.

Week 3: Paint and Groove: Incorporating Art and Music into Playtime

After this workshop, caregivers will know how to:

1. Successfully incorporate art and music into playtime with their child.
2. Understand which areas of child development are strengthened through art and which areas of child development are strengthened through music.
3. Use art projects and music to help their child express emotions and tell stories.

Week 4: Family Ties: Using Play to Bond With Your Child

After this workshop, caregivers will know how to:

1. Use play to learn about how their child communicates.
2. Use play to understand their child's interests.
3. Use play to show love and care to their child.