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## Get Down (On The Floor!) And Play With Your Children

By **Heidi Hoff**

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When was the last time you and your kids rolled around on the floor together laughing yourselves silly? If you're like me, it may have been a while! Sometimes I get caught up in household chores, give errands a priority or answer the phone when I know I should let it ring, instead of making time for my two daughters. It's not that I don't play with them; just the opposite is true. It simply seems as if I'm trying to fit them into my daily schedule when in fact I should be scheduling my day around them. I used to be a planner. I would try to organize activities that I thought my girls would learn something from. I'm now much more free and spontaneous with them and I've discovered that at their respective ages of four and 20 months that this is the type of play they prefer. Here are some suggestions on how you can be more spontaneous with your children:

1. Play "Chase Around The House" – Kids love to be chased, especially if you're making a roaring or growling noise while you're doing it. You'd be surprised how fast their little legs can carry them. This exercise is sure get you're heart rate up and tone your glutes as well!

2. Have a Pillow Fight – Make sure the pillows are small and not too heavy. Throw cushions work best for this activity. Lay a few ground rules, such as not hitting in the face or on the head and when somebody yells: "stop", then stop.

3. How Many Times Can Each of You Hop on One Foot – Again, a great cardiovascular activity for you and the kids. Alternate feet and vary the directions you're hopping in. This is good for your children's coordination and learning left and right, forwards and backwards.

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4. Pretend You're Animals– Play a guessing game of what animal Sally is by the sounds she makes and the way she moves. Children love to imitate animals and can imitate various animals from a young age.

5. Tickle Each other when you've run out of ideas, then a good old–fashioned tickle fight is the answer. Again, don't tickle too hard and when someone (possibly you!) yells stop, then the tickler must stop. At our house, this game always ends with a kiss!

These activities take little time play and benefit you and your children greatly. They are highly interactive, involve a lot of laughter and take no preparation. They also let your children know that you enjoy being with them and that they make great playmates.

Heidi Hoff

Editor, Preschool Planet

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## Children's Bedroom Decorating Ideas Begin With The Right Furniture

**By Grace P. Fairchild**

When you are trying to come up with children's bedroom decorating ideas, it is important that you select the proper furniture to go with the kids bedroom decorating of your choice. It may not have even crossed your mind that there is actual furniture out there created specifically for decorating a kids bedroom, but these are essential for creating a child–sized space that is easy and safe for your kids to live and play with.

There are many different styles of furniture that you can use for decorating childrens bedroom, so the first thing that you will need to consider is the age of your child, the size of the room, the shape of the room, and whether or not the room is being shared. No matter what, this do it yourself bedroom decorating for kids allows your child the ability to:

\* Rest well \* Study in comfort \* Play in a safe and attractive space \* Store all belongings in easily accessible places

Among the best children's bedroom decorating ideas for creating space is to purchase multi–functional furniture. These kids bedroom decorating ideas allow the furniture to be used for many purposes such as storage, bins, bookcases, and stackable crates. Decorating kids bedroom this way allows you to keep things off the floor, but still remain within reach of the kids.

Other real space–saving bedroom decorating ideas for kids include using bunk or loft beds when

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children are sharing the room. This allows two beds to be in the room, taking only the space of one. When your children aren't sleeping, they'll really appreciate these children's bedroom decorating ideas for the extra play space they have.

You will be certain to discover that when it comes to children's bedroom decorating ideas these days, the options are practically limitless.

Grace writes for

<http://www.GreatPricedFurniture.com>

North Carolina's largest online furniture store

offering premium furniture including a large selection of children's bedroom furniture

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