

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Play, Laugh, Grow - Learning To Play With Your Child

By News Canada

Play, Laugh, Grow - Learning To Play With Your Child

by: News Canada

(NC)—The first year of a child's life is a prime time for exploring. Babies are excited and eager to learn about the world around them and playing is essential to a child's development. Parents are the best learning resource a child has, and playtime offers a chance for bonding between parents and children. By learning how to play with their children, parents can help them develop a sense of accomplishment and self-esteem.

Parents shouldn't feel that they have to constantly practice the alphabet or enroll their children in school at age two to stimulate learning. Instead, parents should provide toys that help stretch mental, physical and emotional muscles. In addition, parents shouldn't be afraid to get down on the floor and play alongside their babies.

"Rewarding babies for accomplishments helps to develop a positive self-image," says Dr. Kathleen Alfano, leading child researcher and Director of the Fisher-Price Child Research Department. Parents should enjoy watching their babies play and can offer encouragement by clapping their hands or singing songs to their children.

Parents can help their children play by creating an environment that is safe and clear. The area should also be childproofed so that the youngster is able to explore without any restrictions.

When left to explore and discover, baby will soon learn how to move from sitting to crawling to learning how to stand. Once babies begin to move around and walk, toys for pushing and pulling that feature pleasant sounds are important motivators. Fisher-Price's line of Baby Playzone toys encourages and rewards baby's physical accomplishments, making baby want to repeat the activity again and again. For example, Baby Playzone Stride-To-Ride Walker helps steady baby's first steps and reward baby's achievement with lights, sounds and high-energy music.

Play, Laugh, Grow – Learning To Play With Your Child

Parents can watch their children grow through these stages with the Fisher–Price Baby Playzone Crawl & Slide Arcade, which will take them from standing to sliding down baby's first slide. In addition to a parent's encouragement to take the next step, lights and lively music also reward every accomplishment baby makes.

It is important that parents try not to direct play or show children how to do something "the right way." It is important to remember that children who are able to explore on their own develop a sense of accomplishment and confidence.

– News Canada

provides a wide selection of current, ready–to–use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready–to–use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not–for–profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready–to–use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

Reclaiming Your Inner Child

By Ida Byrd–Hill

Remember when you were a child. Everyday seemed to be an adventure filled with laughter and giggles. There was humor all around us. Children laugh 400 times a day up to 4 years old, while adults laugh 15 times a day. Unfortunately, the cares of life weight most of us down. We turn to alcohol, sex and drugs to relive that silly time of our lives. We can reclaim our inner child without the pain of sex, drugs and alcohol.

How does one reclaim their inner child??? First by realizing it is ok to step outside of our sophisticated selves and play. Given our career image, we must uphold it is hard to just play. We develop sophisticated hobbies such as golf, sailing tennis and horseback riding, but do we just wrestle and play? Playtime and laughter keeps us young and joyful. We need play to escape stress, heart attacks and strokes.

Play, Laugh, Grow – Learning To Play With Your Child

Our lack of play explains why Halloween has become the second largest holiday after Christmas. It is one of the few days where it is socially acceptable to dress up in a costume and become whom ever we choose. We can be Spiderman, a gangster, a witch, a bar maid or a goblin all day without strange looks. We can role play and laugh at others who role play with joy and glee. For one day, we can gallivant throughout the neighborhood with the children and grandchildren collecting treats or delivering tricks. We can party and dance all night in our new role. We can play make believe again. It is our day to be a child again.

Let your playtime begin this Halloween. But don't stop there. Reclaim your inner child at least once a month all throughout the year. The quality of your life and your health will truly improve as your laughter and play grows.

Ida B. Byrd–Hill is the President of Uplift Financial and

. She was the

President of The Harvard Group Wealth Management L.L.C. for 10 years. She created investment portfolios, insurance plans and residential/ commercial financing. She has served as guest columnist for the Michigan Front Page for 2 years and a speaker for the Better Investing television show hosted by David Chilton, author of The Wealthy Barber.

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!