



Melissa's Playbook: 5 Ways Play Helps Create Intentional Interaction with Your Child

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Within the busy parenting lifestyle, parents need to make time for their children. Intentionality with our children creates a loving atmosphere that allows them to reach their full potential. Melissa & Doug encourages parents to use play as a new approach to spending more time with their children. Here are five creative methods to strengthen your parent-child relationship.



1. **Go Outside.** Stepping outside of your home leads to endless opportunities for play. Some fundamental childhood memories include teaching your child how to ride a bike or playing hopscotch on the sidewalk. Evening favorites include stargazing, making a campfire or catching fireflies. For added fun, challenge your child to see who can collect the most fireflies and celebrate with s'mores!



2. **Cook Together.** Allowing your children to help cook will make them feel important. Assigning simple tasks like measuring, mixing and cleaning will help them gain a sense of responsibility. When young children learn to cook, they develop basic skills applicable to the rest of their lives. Let them help you prepare delicious foods that you enjoy together!

Click [here](#) for Melissa & Doug's favorite recipes.



3. **Read a Book Together.** Children love bedtime stories. Consider taking the time to read one with your child. Every night before bed, take turns choosing a book to read together. Give your child the exciting option to stop at the library on their way home from school to pick out a fun book. If your child does not like reading, offer reading the book to them. Be creative and add a fun twist through using different narrative voices for each character in the story.

Click [here](#) for Melissa & Doug's favorite bedtime stories.



4. **Get Artsy.** Restock your child's art supplies with glitter and paint. Stick to the basic coloring book or plan a fun and exciting new craft. Don't be afraid to let your child make a mess. Listening to your children's laughter will be worth it. Your child will enjoy spending time using their imagination and seeing your artistic abilities, too.

Click [here](#) for Melissa & Doug's favorite craft ideas.



5. **Have a Dance Party.** Make a playlist of your child's favorite songs, put on your dancing shoes, crank the volume and do your best dance moves. Dancing with your child is not only fun, but a good way to relax, de-stress and get exercise. Creating silly dance moves can immediately place a smile on your child's face.

Click [here](#) for Melissa & Doug's favorite dance party play list.

Although intentionality with your children can seem a bit daunting, the time spent together will allow for growth in your relationship that will last for a lifetime! Enjoy!