

The Importance of PDF

★ Playtime, Downtime & Family Time ★

For children of all ages — from babies to teens — playtime, downtime and family time support healthy growth, learning and connection.

PLAYTIME: BUILDING SKILLS THROUGH JOY

Play helps children learn about themselves and the world.

- Supports brain development and creativity.
- Builds social skills like sharing, problem-solving, and empathy.
- Strengthens physical coordination and confidence.
- Helps children express feelings safely.

What it can look like: free play, imaginative games, outdoor play, art, music, or age-appropriate games

SMALL MOMENTS MAKE A BIG DIFFERENCE

You don't need perfection or long stretches of time.

- Just a few minutes of play.
- A calm pause in a busy day.
- A shared laugh or conversation.

These moments add up—and children remember how they felt most of all.

DOWNTIME: REST FOR GROWING MINDS

Children need quiet moments to recharge.

- Reduces stress and emotional overload.
- Improves focus, mood and self-regulation.
- Encourages reflection and independence.
- Supports better sleep.

What it can look like: reading, relaxing, quiet play, listening to music, daydreaming or simply being still.

AGE-SPECIFIC IDEAS

Babies & Toddlers

- Floor play, songs or peek-a-boo.
- Calm routines before naps and bedtime.
- Gentle cuddles and face-to-face time each day.

Preschool & Elementary

- Imaginative play, art, building, and outdoor time.
- Quiet reading or solo play.
- Family meals, short walks and shared chores.

Tweens & Teens

- Creative outlets, sports or unstructured hangout time.
- Screen-free downtime to decompress.
- Check-ins, car convos and shared activities.

FAMILY TIME: CONNECTION THAT LASTS

Time together builds a sense of safety and belonging.

- Strengthens relationships and trust.
- Improves communication.
- Builds resilience and emotional security.
- Creates positive memories and traditions.

What it can look like: shared meals, walks, conversations, game nights or routines like bedtime check-ins.

Supporting playtime, downtime, and family time helps children grow into healthy, connected and resilient individuals.

Cherish the moments you have together!

Learn more at bstrongtogether.org

