

FREE

# Play&Learn

Challenge your child with engaging activities that help them learn, grow, and thrive.



## What is Play&Learn?

Research shows that parents and caregivers have an important role in supporting early child development, this can be done through play! Play&Learn provides a variety of expert-reviewed activities that support a child's growth. Most Play&Learn activities can be completed in less than 15 minutes and require little equipment to get started. Activities focus on improving skills in one of four developmental domains:



**Thinking & Learning**



**Social & Emotional**



**Movement**



**Language**

## How does Play&Learn work?

Our collection of expert-reviewed activities has been chosen to be of benefit for one of three age groups: toddlers (1.5 to 2.5 years); preschoolers (over 2.5 years to 4 years); and kindergarteners (over 4 years to 6 years).

Suggestions are provided to make the activities easier or more challenging depending on a child's unique capabilities. Most importantly, Play&Learn makes playtime fun for everyone – a little bit of play goes a long way!

Get started at  
[playandlearn.healthhq.ca](https://playandlearn.healthhq.ca)

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