



from

Providence Children's Museum

Come play, come learn!

Moms at Play

By Janice O'Donnell, Executive Director

Happy Mother's Day! Did you play with your kids today?

I know, you make sure their clothes are presentable and that they eat their dinner, that they get to school on time and their homework done. You keep track of soccer practice schedules, birthday party invitations and scout meetings. You referee arguments, kiss skinned knees and enforce bedtime. You're Mom and -whether you have one child or six, a demanding career or a part-time job, a partner who pitches in or not so much - you're busy. The last thing I want to do is add one more thing to your to-do list. So when I urge that you play with your kids, it's not in addition - it's instead of.

Providence Children's Museum recently created a booklet called "Play With Your Kids! A How-To, Why-To Guide for Parents." The booklet presents a number of suggestions for using play to circumvent those irritating problems of daily life with kids, but makes clear the main goal of playing together is to make each other laugh - really laugh. Laughing and playing with your kids is not only good for you and for them, it is actually useful. And it's fun!

For example, use a getting-dressed race to move things along in the morning. Challenge your child, "I bet I can get my socks on before you get your socks on." As she starts to put her socks on, discover yours are mismatched. "Oh no," you



say as you hop around on one foot, "Where's my other sock? She's winning!" Okay, she won on the socks, but tell her you're going to get your shoes on first. Then put them on the wrong feet. Make it so much fun she forgets to dilly-dally and you forget to be irritated.

Try being a sports announcer to keep them focused on getting their chores done or finishing dinner. "This is an exciting moment, sports fans. If Luis eats all his beans, he'll win the World Championship! He only has three more bits to go. Can he do it? Amazing! Luis has eaten all of his beans! He's the new World Champion Bean Eater!"

Just remember to put aside that busy serious mom-role sometimes, get silly and play with your kids. Have a fun Mother's Day!

"Play With Your Kids! A How-To, Why-To Guide for Parents" is available at the Gift Shop at Providence Children's Museum or by contacting the Museum at (401) 273-5437 ext. 234



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There's something new everyday!

Visit www.childrenmuseum.org for a complete calendar of events.

Admission is \$6.50. Members are always free!



PROVIDENCE

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100 South Street,
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www.childrenmuseum.org

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