



NC SEEDLING

This Is Fun!



Study to
Explore
Early
Development

North Carolina
SEED

**UNC-CH,
Department of
Epidemiology**

Winter 2019

www.NCSEED.org

NOTES

- NC SEED has enrolled 236 families
- Thank you for your participation in SEED!

Imaginative play is an important part of childhood. Through creative and imaginative play, children can develop emotional, social, and intellectual skills needed to reach developmental milestones. Creative play promotes social and emotional development by mixing feelings with different tasks. Activities such as painting, drawing, or telling a story about their feelings may help children express their own feelings. Children can improve their social development when they play and interact with peers. Singing, dancing, and dress-up are a few

imaginative activities where children learn basic communication and social interaction skills. Imaginative and creative play also teaches important problem-solving skills. Reading and story time are fun activities where children can explore their imagination. These activities improve intellectual and cognitive skills while building a foundation for reading comprehension. Creative play can also improve gross and fine motor skills, coordination, and control. Fine motor skills improve hand eye coordination and muscle memory. Gross motor activities like dancing or

playing outside are both fun and beneficial for child development. Providing children with creative opportunities during play allows them to develop these important skills and gives them an opportunity to explore and learn about the world around them.

Adapted from
www.thelittlegym.com



Baby It's Cold Outside

Try winter activities such as skiing, snowboarding, ice skating, sledding, and even hiking to get the family out of the house and active. Sometimes half the fun is bundling up!

For those that choose to stay indoors during cold weather try indoor rock climbing, laser tag, or visit a museum or science center. Do not let cold weather be an excuse for not getting out of the house to play with your

child. These outings are an opportunity to spend quality time together and will create fond memories for years to come!