




## 7 Habits of Highly Playful Parents

1. Master the **super silly face** response -- the perfect response for a tired and whiny kid.
2. **Bring play into your routine**-- when in doubt make it a game!
3. Appreciate **little kid humor** -- never underestimate the power of laughter.
4. Make **family traditions** out of everyday situations -- Name it, Repeat it, and BOOM a new tradition is formed.
5. Understand that **play is LOVE.** 
6. **Rough-House to Relieve Stress and Tension**-- Physical play helps kids (and adults) de-stress and connect.
7. Share the **beauty of the world** with your kids --**Be spontaneous** and **live this one life to it's fullest.**