

# Daily CARE!

## The How & Why of Daily Playtime

“Daily CARE” is for **one parent** and **one child** together. This activity gives you **five minutes per day** to **have fun** and enjoy time with your child while working on **family goals**. The daily routine of play can help children feel **secure** and stable. **One-on-one** playtime lets you get to know your child in new ways.

Daily CARE also gives parents opportunities to practice the **PRIDE skills** -- and any **Behavior Management Strategies** that may be needed!



It's always great to spend time with your kids!  
However, only some activities are “Daily CARE” activities.

### Daily CARE is:

**Fun & Engaging!**



**Cooperative!**



**This!**

**Interactive!**



**Easy to talk together!**



**Not this!**

# Daily CARE Toys!

- Building blocks
- Magnetic tiles
- K'NEX™
- Legos™
- Lincoln Logs™



- Potato Head™
- Play-Doh™
- Toy animals
- Toy dishes
- Toy food
- Toy people
- Toy buildings:  
House, Farm, Zoo,  
School, Train Station



- Drawing & coloring together
- Toy cars & vehicles
- Train tracks & roads



## Quick Tip:



A fun, interactive playtime activity is **face-to-face**:  
talking and smiling with each other