



7 Habits of Highly Playful Parents

1. They have mastered the *Super Silly Face* response: the perfect response to a tired or whiney child.
2. They Bring *Play into the Everyday*: When in doubt, keep playing!
3. They can appreciate (Potty) *Humor*: never underestimate the power of laughter.
4. They Make *Family Traditions* out of Everyday Situations: Name it - repeat it and boom a family tradition is born. Hello, super hero game night!
5. They understand that having *Fun* is just that — fun: Fun=connection=your child will open up when they need to.
6. They *Rough-House*: physical play helps children (and adults) blow-off steam and reconnect.
7. They share the *Beauty of the World* with their kids: Be spontaneous and live this one life to it's absolute fullest!