

This is a DVD for parents about the **importance of play** between themselves and their children. Versions of the DVD are available with narration in Cantonese, English, Farsi, Mandarin, Punjabi, Spanish and Vietnamese.

A diverse range of parents are shown playing with their children aged 0 – 12 years. They may be outdoors at the park, playing with cars and trucks indoors, or having fun with sand beside a river. Westcoast's Registered Play Therapist is in the film talking about the benefits of play.

Through play children see that their parent is close and connected to them and is interested in what they are doing. Playing together builds bonding and attachment that will last a lifetime. When parents and children play together this tells the child: You are important, I am interested in what you are doing.

Play allows both parent and child to: give and receive, share a sense of accomplishment, communicate love and be affectionate, and show interest in one another. After a while this will reduce family conflict and increase the chances that the child will listen and pay attention when it's really important.

Characteristics of play:

- Voluntary and spontaneous. Not imposed by caregivers. Children direct what happens.
- Is pleasurable and fun. Will end when it is no longer engaging child's attention.
- Has no particular goal. The *process* is important.
- Both players are actively involved, not just child playing and parent observing
- Players make and adapt rules, establish roles and themes.
- Play expresses what the child is thinking and feeling

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