

# SWING TODAY!!!

Today, turn off the TV and put away the screen devices. Your child is going to work! Yes, work! Play is a child's work!

Get out of the house and find a swing set. It can be a tire swing or a set of single swings. Just SWING!

Do you remember swinging as a child? I do! I loved it! I would day dream, find shapes in the clouds, sing, or count. It was calming, centering and I remember having the feeling that I could do anything. It was hard to be sad on a swing.

You are never too old to reap the benefits of swinging. If you have a school age child that needs to use up a little energy after school, before having to focus on homework, find a swing!

Do you want to know what happens when your child swings? A lot more than just idling away time. Check this out!

Swinging helps develop your brain! Yes! The back and forth motion of swinging actually stimulates the cerebral cortex, part of the brain that helps us FOCUS! I'm getting back on that swing! It builds pathways in the brain of memories, which you know I am all about that!

If you are counting or reciting nursery rhymes, etc. it is building their memorization skills.

Swinging develops your child's balance, and strengthens core muscles. Again, I better find a swing!

Swinging with a partner develops social interaction and development as they talk, dream and laugh together.

It promotes problem solving as they try to swing higher and higher.

Of course, it develops gross motor skills with climbing on the swing, pumping and climbing or jumping off. Sounds easy? Try looking at it through their eyes with their little bodies.

Swinging develops the muscles that children need to write and paint, to play ball, jump rope, and even shake hands as an adult. These are fine motor skills and they will be developing them during their life time.

When your children are old enough to swing themselves, let them be creative! Encourage them to swing back and forth, twist and untwist, side to side. Pathways in their brain are being built and connected! Balance, problem solving, special awareness, strengthening their core, gross and fine motor skills are all being developed. Most importantly, they are getting a good dose of LAUGHTER!!!

PLAY and MAKE MEMORIES!

Rita