Playtime and Mental Health in the News

The New York Times
Let Kids Play

The Atlantic
Playtime May Bolster Kids’ Mental Health

CBS News
Why pediatricians are prescribing play time for kids

Time
Playtime Isn’t Just for Preschoolers—Teenagers Need It, Too

Provider Resources

- The Power of Play: A Pediatric Role in Enhancing Development in Young Children
- Taking a Mental Health Day Off from School: A Pediatrician-Mom’s Perspective
- Stages of Development of Social Play

Family Resource

- Make the Most of Playtime, from The Center on the Social and Emotional Foundations for Early Learning at Vanderbilt University

Share with Families...

You can play anywhere!

It doesn’t have to be formal like joining a sports complex or team. Play doesn’t have to mean rushing a 5 year old to hockey practice. A good coach of a team cannot supply all the lessons needed for creativity, and the overcoming challenges of childhood.

The best play is with a friend or member of the family that your child loves and respects. The bonds and connections go beyond the play skills learned. As a grandparent, my grandchildren laugh hardest when trying to teach me to throw a basketball properly into the net. They realize the importance of learning and interaction at all ages.

So remind yourself and the families you care for of the importance of interactive play at all ages.

-Cynthia C. Clayton, MD, FAAP

Community Resource Spotlight: The Family Resource Network

The Family Resource Network (FRN) is a comprehensive family-focused umbrella of organizations designed to meet the growing need for community-based programs and services to individuals and families with a variety of disabilities and chronic conditions.
though four affiliate organizations, including Autism Family Services of New Jersey, Caregivers of New Jersey, Family Support Center of New Jersey, and Epilepsy Services of New Jersey. The Family Resource Network is a statewide organization with offices located in Brick, Parsippany, Trenton and Barrington. FRN serves approximately 30,000 individuals annually. For more information, visit: www.familyresourcenetwork.org.

Upcoming Webinars:

“Ask the Shrink”
Theodore A. Petti, MD, MPH
Tuesday, February 19, 2019, 1:00 to 2:00 PM
Click HERE to Register

“Coding for Mental-Behavioral Health Screening and Collaborative Care”
Chuck Scott, MD and Sherry Barron-Seabrook, MD
Tuesday, March 19, 2019, 12:30 to 1:30 PM
(Registration details coming soon!)

Recent Webinar:

“Putting Your Trauma Lens On”
Heather Forkey, MD, FAAP
Click HERE to Listen
(Additional webinars may be found at the same link above)