Playing Games: Enhancing Family Togetherness

Do you have fond childhood memories of playing board games with family and friends? Board and card games provide opportunities for families to come together, create memories and spend inexpensive quality time; while having fun.

Play enables individuals to learn about themselves and the world around them. It stimulates mind and body, builds bonds, fosters imagination and supports all stages of development – not to mention family communication. Play benefits all ages, from children to older adults and increases positive interaction between generations. Research has shown that play promotes cognitive development, language, motor and social skills and allows children to express and explore feelings, thoughts and experiences. When the whole family is involved, fun and laughter is more likely to motivate children to work together, communicate and accomplish goals. Children also learn reasoning and sportsmanship skills, foster creativity and enhance number and word recognition.

So the next time you are tempted to plop down in front of the TV, turn it off, disconnect the video games and computers, and gather around the kitchen table with your family to create life long memories.

References:
Dr. Stevanne Auerbach
Generations United – Play is Forever