



**Family & Children's Aid**  
for every child, a home



## Play Outdoors



85% of mothers say they engaged in outdoors games like jump rope, hopscotch, and other street games when they were children while only 33% of their children have.

 Family & Children's Aid [fcaweb.org](http://fcaweb.org)

Read

### Five Good Reasons to Get Outdoors

The Harvard Health Letter describes five physical and mental health benefits of getting outdoors including increased concentration, happiness and relaxation.

>> [Read More](#)

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### 15 Ways to Have Outdoor Fun With Your Child

1. Draw with chalk
2. Play hopscotch
3. Jump rope
4. Play tag
5. Wash the car
6. Play hula hoops
7. Have a stone skipping contest
8. Play Simon Says
9. Run through the sprinkler
10. Blow bubbles with homemade bubbles
11. Play kick the can
12. Walk the neighbor's dog
13. Look for rocks shaped like all 50 states
14. Make a fairy garden/house
15. Race to the mailbox

## Did You Know...?

Inspired by the Life is Good Playmakers™, in 2011 Family & Children's Aid opened the Playmaker™ Village in their Danbury Child guidance Center. Upon visiting the Child Guidance Center Life is Good Playmakers™, Chief Playmaker Steve Gross called the facility a “game changer” in the treatment of childhood psychiatric trauma because of its ability to blend intensive clinical work with gross motor skill playful engagement.

Abuse, neglect and trauma, even when children are not the direct targets of them (such as hearing of or witnessing school or neighborhood violence), drastically changes the way children engage with their peers. Children who have been impacted by traumatic experiences often lose the ability to playfully interact.

Trauma informed care is at the core of Family & Children's Aid therapeutic approach. The play-based Life is Good Playmakers™ curriculum is one of the clinical interventions employed to reverse the damage caused by exposure to abuse, neglect and trauma. Many Family & Children's Aid's staff are trained as Life is Good Playmakers™. Playing exuberant games using specially designed

yoga, storytelling and movement activities, whether in our amazing Playmaker™ Village, in the child's home or at our after school program, becomes part of the therapeutic process. Therapeutic play is one of the most important tools we have to help these children heal and restore those feelings of safety, joy, connection and playfulness essential to a healthy childhood.



## FREE Summer Movie Nights at Candlewood Lake!

7/10/2014 - Free Movie - Frozen

7/17/2014 - Free Movie - Princess Bride

7/24/2014 - Free Movie - Grown Ups

7/31/2014 - Free Movie - Iron Man

>> [More Info](#)



## Simple Bubble Solution

1 cup water  
4 tablespoons dish washing liquid  
2 tablespoons light corn syrup or glycerin

In a pinch you can make bubbles with just dish soap and water, but the addition of corn syrup or glycerin thickens the bubble liquid, helps prevent popping and makes the bubbles stick better to the wand.

## Dura-Bubbles

2 cups hot water  
1/4 cup dish soap  
1 (.25 oz) packet gelatin  
2 tablespoons glycerin

After testing several recipes, the [DIY Network blog](#) touts this recipe as making "...bubbles so good, they'd make Lawrence Welk proud!"

### Our mailing address is:

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[www.fcaweb.org](http://www.fcaweb.org)

Family & Children's Aid (FCA) provides high quality, innovative and responsive programs focused on emotional and behavioral well being that helps children faced with mental health challenges heal.