Games are much more than "fun." For one thing, games help children something important about life -- that there are reasons for rules and limits.

Games can also help children learn something important about love. Young children may feel that losing a game means losing LOVE because winners always get the most attention. But we can help them know that win or lose, we still love them for trying and for doing the best they can.

* Use guessing games (like "I see something...") to help with waiting time -- at the store, at the doctor's office, on car trips, in line at the supermarket, or at times when you're waiting for someone to come home.

* Make your own family's board game in which everyone wins. Make a circular path of squares (like a board game) on a piece of cardboard. On small cards, write commands for moving, like: "If you helped someone today, move forward two spaces..."If you laughed today, move forward two spaces." Use a coin or small toy as a marker.

*Watch for the MISTER ROGERS' NEIGHBORHOOD week on GAMES (#1511-1516, June 9 - 13)
Take advantage of the beautiful June days in our Pittsburgh neighborhood -- go on a picnic. Picnics can refresh family life because they're a "time out" where everyday routines are put on hold. An outdoor meal can be more relaxed. Table manners are informal. Children can move around more. There are no at-home distractions, like chores and phones. A "time-out" like that can make "time in" easier to handle.

*Search for a new picnic site in our local parks or spread a blanket in the backyard.
*Invite another family along.
*Set out fillings for pita sandwiches and let children make their own.
*For dessert, spread peanut butter between two apple slices

Caption for photo: Mister Rogers finds out how people make robots in the week about GAMES on program #1513, scheduled for June 11.