

Today's Objectives

Why play is essential for early learning and development

01

Different types of play and how each supports growth

02



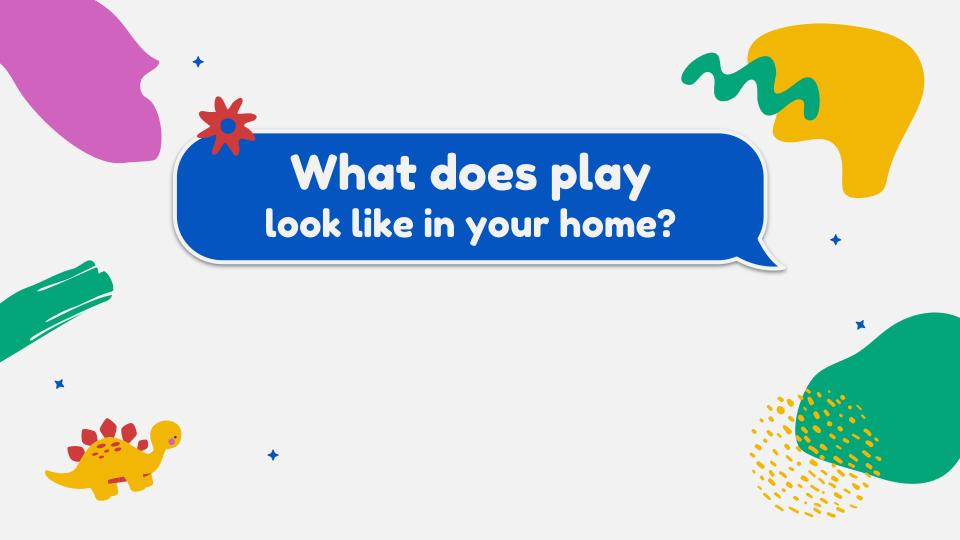
Discover what research says about the power of play

03

Explore simple, practical ways to support play at home









Types of Play

Physical

Builds motor skills, health, coordination

Pretend

Encourages imagination, empathy, language

Constructive

Fosters problemsolving and persistence

Social

Teaches cooperation and emotional regulation



Exploratory

Promotes curiosity and discovery



Social Emotional Growth Through Play

- Play helps children understand feelings, take turns, and build friendships.
 - Through pretend play, children learn empathy and conflict resolution.

It provides a safe space to practice coping skills and builds confidence

Cognitive & Language Development

- Play promotes thinking, reasoning, and creativity
- Encourages problem-solving and decision-making
- Expands vocabulary and communication skills
- Supports early literacy and numeracy

Physical Development Through Play

- Strengthens muscles and coordination
 - Improves balance and body awareness
 - Encourages healthy risk-taking and confidence
 - Builds fine motor skills (hands and fingers)

What Research Says about Play

- Brain Development: Play strengthens brain connections and supports executive functions like problem-solving, focus, and creativity.
 - School Readiness: Research shows that children who engage in frequent play demonstrate stronger language, math, and socialemotional skills.
 - **Emotional Growth:** Through play, children practice empathy, cooperation, and emotional regulation.
 - Family Connection: Shared play strengthens the parent-child bond and promotes security and trust.

Sources:

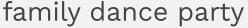
American Academy of Pediatrics (2018) • Center on the Developing Child, Harvard University • Hirsh-Pasek et al. (2009)

How to Support Play at Home

- Providing time, space, and materials.
- Following the child's lead rather than directing.
- Asking open-ended questions ("What do you think will happen if...?").
- Encouraging imaginative thinking and problem-solving.
- Celebrate effort and curiosity more than results

Simple Play Ideas at Home

- Indoor Play: Forts, pretend store, dress-up, cooking, art corner
- Qutdoor Play: Nature walks, water play, chalk, scavenger hunts
- Learning Through Play: Counting toys, letter/color hunts, sorting laundry
- Music & Movement: Freeze dance, rhythm games,









Overcoming Barriers

- Busy schedules set short daily play windows
- Screen time balance with hands-on activities
- <u>Limited space</u> use hallways, cardboard boxes, reusable bins, imagination based
- \$ Budget everyday items make great toys (spoons, containers, recycled items, natural materials)









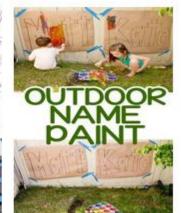












Key Takeaways

- Play is learning in action
 - Supports every area of development
 - Parents are a child's first play partners



-Fred Rogers









