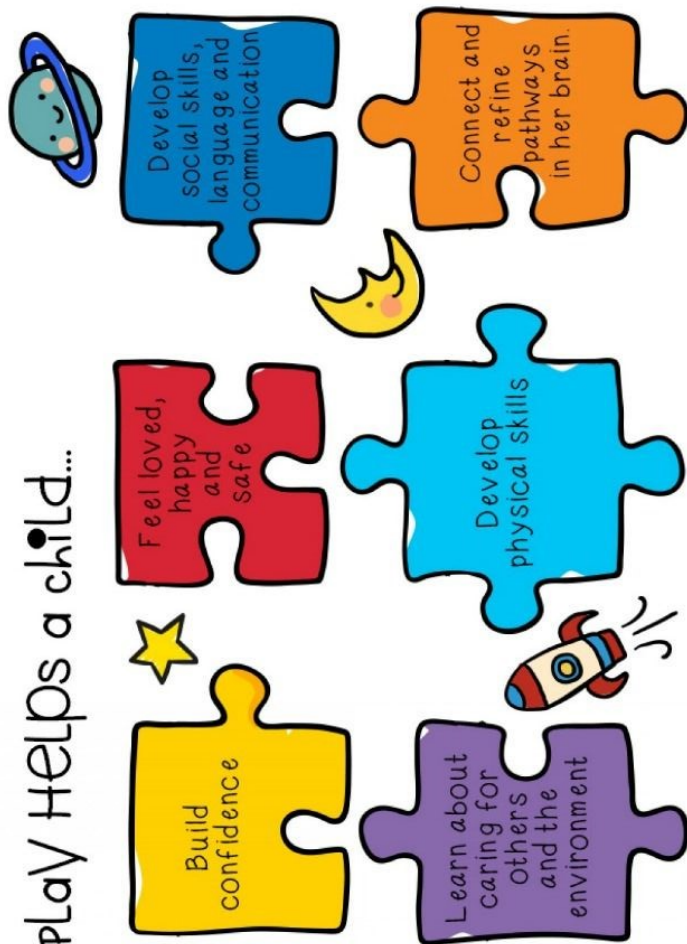


Play Helps a child...



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The Importance of Play

Play improves the cognitive, physical, social, and emotional well-being of children and young people. Through play, children learn about the world and themselves.



Through play we learn, we grow and experiment.

Play encourages new connections, which can lead to new ideas and surprising outcomes.

We should incorporate play seriously and unashamedly into our everyday. We learn, we grow and experiment.

Play encourages new connections, which can lead to new ideas and surprising outcomes.

We should incorporate play seriously and unashamedly into our everyday.

Play is the single most important activity for the under fives; it is the 'work' of a child. It is how they learn about themselves, the world around them, and their place in it. Play encourages them to be flexible as they adapt to challenges they encounter. Through play, a child develops their physical, learning and social skills.

Play lays the foundation for literacy. Play improves the cognitive, physical, social, and emotional well-being of children and young people.

Through play, children learn about the world and themselves.

They also learn skills they need for study, work and relationships such as:

Confidence

Self-esteem

Resilience

Interaction

Social skills

Independence

Curiosity

Coping with challenging situations

Good physical fitness, agility, stamina, co-ordination and balance.

Explore their feelings

Develop self-discipline

Learn how to express themselves

Work out emotional aspects of life

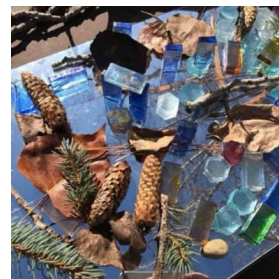
Why play?

Play contributes to the child's quality of life, their well-being, and their physical, social, emotional and cognitive development. Play helps the child learn about themselves, the people around them, and their environment.

Through play, children learn how to process and make sense of the sensations **they receive whether it is through sound, sight, taste, smell or touch.**

The Benefits of Play

- Child-led play supports the development of social skills; providing children with opportunities to co-operate, take turns, share spaces and resources.
- Play enhances the child's memory skills.
- Play is fun. The pleasure and satisfaction that children experience while they play encourages them to develop their concentration and extend their interests.
- Play helps them to regulate emotions. When a child is stressed, play can help feel calm and support them in re-regulating.
- Play relieves stress and boredom.
- Play boosts children's confidence, as they learn to make choices and develop their sense of 'self'.
- Through play, children can also learn to master and have control over their environment.



Therefore the role of the adult is to.....

- Value the power of child-led play.
- Let children lead their own play, choosing instead to join their play rather than guiding it to meet our agenda.
- Give the child time and space to play.
- Be highly skilled at observing our children.
- Be able to use these observations to provide high quality play spaces that are developmentally appropriate and matched to the interests of the children.
- Be fully engaged in the play experience; often playing at the child's level, so that we are at just the right level to catch any eye contact that's going.
- Be able to harness these playful interactions to further support the development of joint attention (which forms the basis of the child's developing communication skills).
- And, be able to use our instincts to nudge the child's play experiences and extend their play repertoire.

We need to think of the play experiences that we provide as Invitations to Play, which invite children to explore the resources with all their senses. That are attractive and ignite their curiosity.