WHY PLAY MATTERS

Grow
Early Education

The instinct to play is hard wired into the human DNA. When children play, they develop connections between the motor, perceptual, cognitive, social, and emotional areas of the brain. Critical thinking, communication, language, and emotional expression are also developed in play through trial and error. Impairments to go cognitive, language, emotional, and physical development have been all linked to a deficit in play.

CREATING THE CONDITIONS FOR PLAY

Fill up their attachment tank. Playtime needs to be prefaced with contact and closeness from an attachment figure so that a young child's relational needs are satiated. A child under the age of 3 has high attachment needs and may not play on their own for a long time, needing to return to 'home base' often.

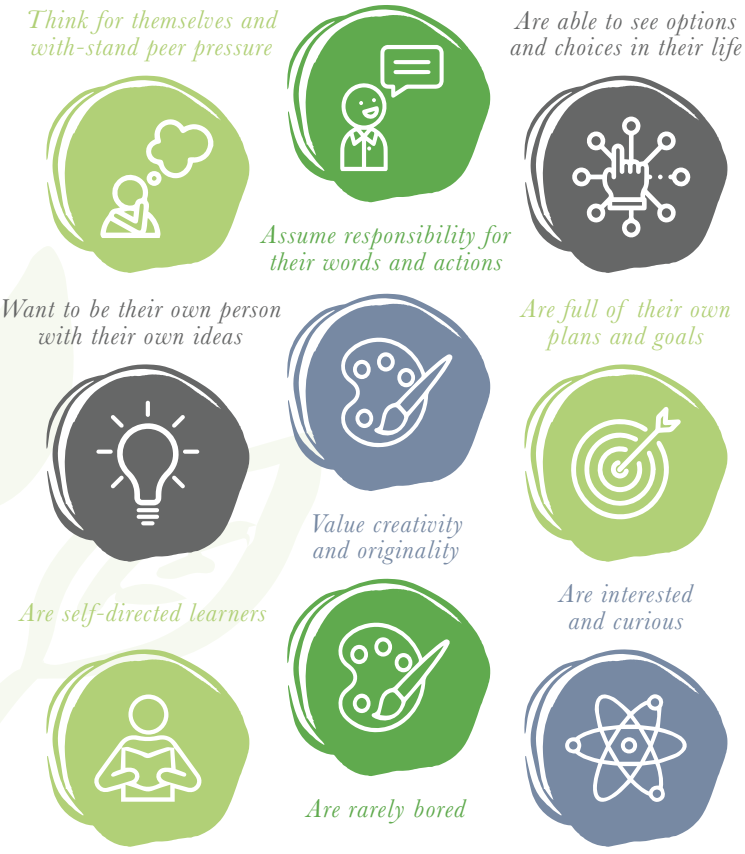
Provide structure and routine to protect play. Set up rituals and rules to preserve play especially when it comes to screen time, play dates with peers and instruction and schooling.

Create voids to be filled up. We need to create the time and space where there is no competing activities like screens, peers, entertainment structured activities, so that a child is free to explore and express themselves.

Don't praise or reward play. If you try to reinforce play you will diminish their desire to play. Let the child's interests take the lead when it comes to deciding what to play with.

Value play - If an adult doesn't value play and pushes for performance, outcomes, and getting ahead, then it will be harder for a child to feel free to play.

CHILDREN WHO PLAY, GROW UP TO BE PEOPLE WHO...



"Play is where children hear the echo of what is within them, resonate in the world that is around them."

"Play is where the spirit that underlies growth is revealed and vitality is expressed."

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