



Play and Learn Together: Parents Supporting Children's Play





What is Play?

- Play is an activity that is fun, spontaneous, and open-ended.
- There are different types of play, including outdoor play, 'rough and tumble' play, pretend play, solitary play.
- All you need is imagination!



Playing is Learning

**Playing with your child is one of the
most important ways you can nurture
development and have fun together!!**





Why is play important?

During play, children learn about the world in which they live...

they can problem solve, explore, create, imagine and figure things out.





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“Play enhances every aspect of
children’s development and learning.
Play is children’s window to the
worldand paves the way for
learning.”

The Canadian Council on Learning (CCL); the *Early
Childhood Knowledge Centre*



Creative play helps a child's develop in the following areas:

1. Social/emotional

During pretend play children learn to respond to others feelings, to take turns, and understand emotions while learning to self-regulate.



2. Language

Talking with children about everyday activities, reading, telling stories and singing together helps children learn new things about the world in which they live and to use this knowledge in conversation.





3. Physical

- Climbing, running, jumping, and hopping are some of the ways children use play as a way to enhance and develop their large muscles (Gross Motor Skills).
- Activities such as dressing dolls, building with blocks, coloring and cutting develop children's small muscles (Fine Motor Skills).

Children improve their balance, coordination, and dexterity, as well as overall muscle strength through physical play activities.





4. Cognitive

Play has important positive effects on the brain, and children's ability to learn.

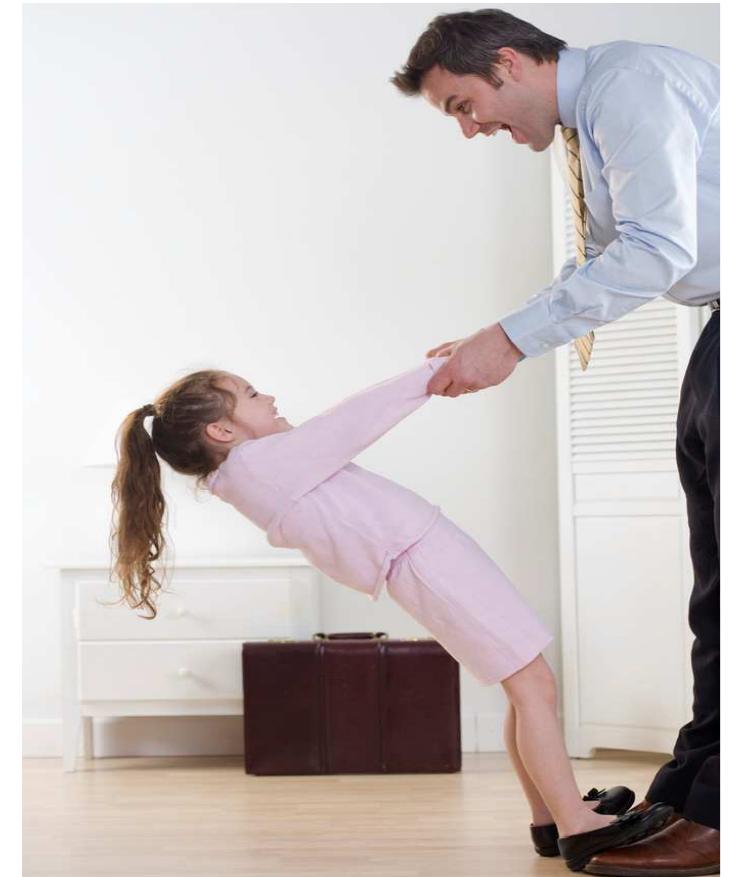
When children play with blocks, for example, they are learning to construct, classify and sort as well as explore the concept of size.





Play and learning happens...

In the everyday
moments you share
with your child.





Parents are Teachers Too!

- Children need lots of time to explore, experiment, problem solve, and play in a variety of ways, indoors and out.
- And they need ***you*** to follow their lead, join in their play, respect their individual style of play, and be their coach in making new discoveries.



Who has time to play??

Play doesn't necessarily mean an organized activity or a dedicated period of "quality time."

Play – and learning –
can happen anytime
you are with your child.





How can I fit play into our busy day?

Play games in the car – e.g., ‘I Spy’, ‘I’m going on a trip and on that trip I’m bringing...’ (Alphabet item + theme e.g., apples, bananas, cereal)





Cooking and baking together

Use different tools for measurements

Play restaurant: be a chef, waiter or cashier

Make different shapes when
baking cookies or snacks

Follow a recipe

Mix, measure, pour and stir

Play with textures





Grocery Shopping Games:

- Match the flyer picture to items on a grocery shelf
- Count or guess how many e.g., beans, carrots, apples
- Draw or colour favourite foods





Tea party & picnics during meals and snack time





Water play

- Bath time
- Dishes
- Outdoor play
- Car wash

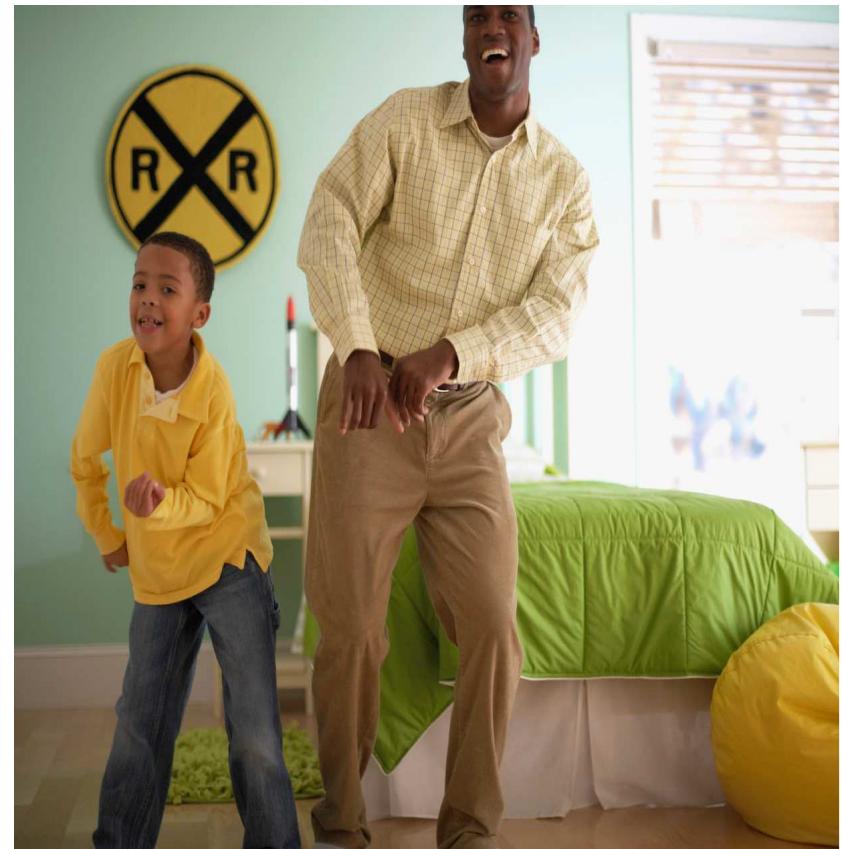
Guess if an object would sink or float and then see if you are correct.





Sing and dance together

- Slow/Fast songs
- Freeze Dance
- Musical Statues
- Musical Chairs
- While doing chores





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of Play!

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For more information on play and learning
you can visit:

www.gov.nl.ca/edu

<http://www.ed.gov.nl.ca/edu/earlychildhood/power.html>