

تعليم
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Trying Together

Trying Together supports high-quality care and education for young children by providing advocacy, community resources, and professional growth opportunities for the needs and rights of children, their families, and the individuals who interact with them.



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It's More Than Just Play:

The Role of Play in a Child's Life

Play Is...



It's More Than Just Play

Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them.

Kenneth R. Ginsburg, ; and the Committee on Communications and ; and the Committee on Psychosocial Aspects of Child and Family Health

Pediatrics January 2007, 119 (1) 182-191; DOI: <https://doi.org/10.1542/peds.2006-2697>

Types of Play

- Physical Play
- Pretend, Symbolic, and Object Play
- Games with Rules

Physical Play

- Strengthens muscles and bones.
- Develops coordination and motor development.
- Relieves stress and improves sleep.
- Play is linked to social development.
- Includes activities such as, but not limited to, running, tumbling, jumping, and dancing.

Pretend, Symbolic, and Object Play

Pretend/Symbolic and Object Play is when a child uses objects to stand in for other objects. Here are a few examples:

- Speaking into a banana as if it was a phone.
- An empty cereal bowl becomes the steering wheel of a spaceship.
- Some chairs and a blanket are transformed into a tent.

Pretend Play:

- encourages creativity and imagination, and
- develops problem solving and thinking.



Benefits of Play



Games with Rules

- Teaches about rules and the importance of rules.
- Introduces children to “Life Lessons”.
- Increase the ability to focus attention.
- Allows children to practice social skills.

“Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.”

– Fred Rogers

Benefits of Play



Learning

See and experience the world
Developing language and
math skill
Problem Solving



Reduce Stress



Allow children to explore
their feelings and how to
deal with those feelings.

How to self regulate



Teach Social Interaction

How to Share and
Negotiate
Compassion and Empathy

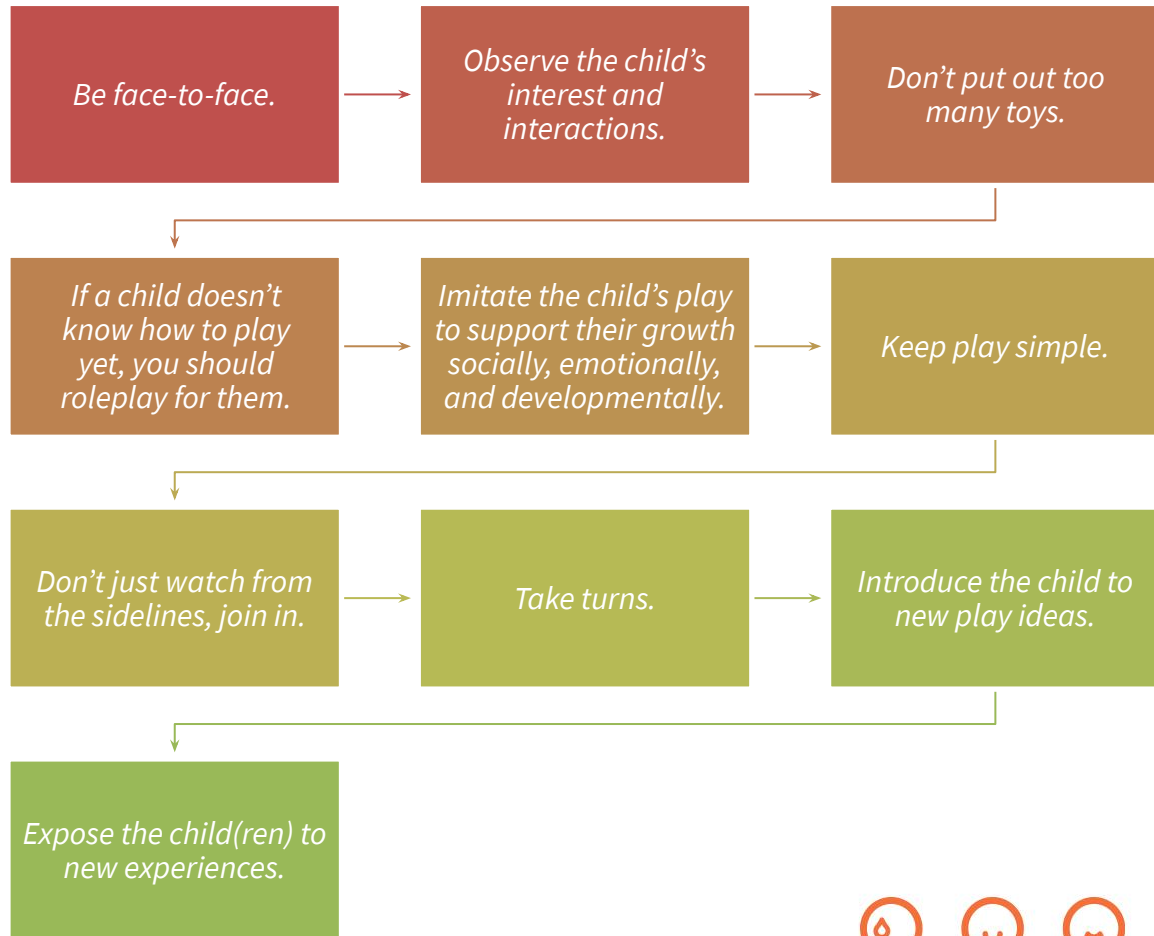
Early Learning: Myths vs Facts

Expose children to new experiences:

tryingtogether.org/dap/early-learning-myths-vs-facts



How to Encourage Play



“When we treat children’s play as seriously as it deserves, we are helping them feel the joy that’s to be found in the creative spirit. It’s the things we play with and people who help us play that makes a great difference in our lives.”

– Fred Rogers

Be An Advocate

Start Strong PA

Advocate for affordable high-quality child care: startstrongpa.org

Pre-K for PA

Advocate for increased access to high-quality pre-k: prekforpa.org

Childhood Begins at Home

Advocate for evidence-based home visiting: childhoodbeginsathome.org

Support Our Public Policy Agenda

Receive advocacy alerts right in your inbox: bit.ly/advocacy-alert

Additional Resources

- playfulpittsburgh.org/recess-resource-archive
- tryingtogether.org/wp-content/uploads/2018/05/DAP-One-Pager_FIN.pdf
- zerotothree.org/resources/158-power-of-play-building-skills-and-having-fun
- tryingtogether.org/dap/creating-play-rich-environments-incorporating-dap-at-home
- tryingtogether.org/wp-content/uploads/2018/05/DAP-One-Pager_FIN.pdf
- tryingtogether.org/dap/early-learning-myths-vs-facts
- playfulpittsburgh.org
- csefel.vanderbilt.edu/documents/make_the_most_of_playtime2.pdf

More Resources from Trying Together

Allegheny Child Care - www.alleghenychildcare.org

Early Learning Resource Center Region 5 - elrc5.alleghenycounty.us

The Homewood Early Learning Hub & Family Center -
www.tryingtogether.org/community-resources/hub-and-family-center

Developmentally Appropriate Parenting (DAP) Series -
<https://tryingtogether.org/parenting-resources/>

Share Your Feedback!

Fill out this survey to receive DAP
Series cards via mail -

<http://bit.ly/parentingtogether>



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Thank you.

