

Approaches to Play & Learning



Human beings are incredible creations.

Think about how much a child learns from birth to 1 year.





The Importance of Play and Learning



“The child becomes a person through work.” - Maria Montessori

The Importance of Play and Learning

1. Children learn through their play.
2. Play is healthy.
3. Play reduces stress.
4. Play is more than meets the eye.
5. Make time for play.
6. Play and learning go hand-in-hand.
7. Play outside.
8. There's a lot to learn about play.
9. Trust your own playful instincts.
10. Play is a child's context for learning.





Developmental Areas

When children are engaged in the following areas through positive interaction, it helps in proper brain development. A child's brain grows, as the child learns.

- Social Emotional – is about learning how to develop relationships; make friends, solve conflicts, make safe choices, managing emotions
- Cognitive – children learn about the world through senses, manipulation, memory and imagination
- Language and Communication – an environment that is full of sights, sounds, regular and consistent speech and language of others
- Physical development – age-appropriate development of fine motor and gross motor skills

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Social Emotional

Infants 0-3:

- Face to face interaction, making faces, using voice to interact, provide toys for your child to play alone for short periods of time, allow your child to interact with other caregivers, provide different kinds of toys

Toddlers 3-4:

- Provide family pictures, teach nursery rhymes and songs, demonstrate different emotions, praise child

Preschool 5:

- Play dates for social interaction, provide competitive games, participates in group activities, talk about family members, allow child to help with chores

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Cognitive and Language Development

Infants 0-3:

- Smile and make facial gestures, make sounds, talk freely with child, songs & rhymes, identify body parts, read different books, count

Toddlers 3-4:

- Use phrases, provide descriptive words, provide pretend experiences, allow more freedom to explore

Preschool 5:

- Allow choice of what to wear or what to eat, allow to write in tablets, count to higher numbers, outside and inside experiences

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Physical Development

Infants 0-3:

- Allow floor time along with holding and sitting in a carrier, rattles and balls for stimulation, provide an open clutter free area for movement and exploration, mobiles and jump toys help build strength

Toddlers 3-4:

- Running and jumping activities, climbing and cycling, arts & crafts with writing tools, lacing activities, putting on clothing

Preschool 5:

- Cooking, drawing, playground play, dancing, tumbling, involvement in sports