

## The Value of Play

Play is the first and most important way that children learn about and understand how the world works. Play, a natural, spontaneous, and child directed process, is an essential part of all children's healthy growth and development.

Freely-chosen play activities help children develop other skills including language, math and science concepts, reading, imagination and creativity, motor skills, problem solving, and cooperation

Play enables children to explore their world, and gives them the opportunity to make their own choices and rules

Play allows children to meet and solve problems, understand an experience they have had, rehearse for a new situation, or overcome a fear

### What you can do:

- Make time for unstructured play in your child's daily routine
- Create a safe environment for play
- Provide a variety of play materials appropriate to your child's age and stage of development (note: you don't need fancy toys)
- Watch and Wait: Let your child lead play. Observe what she wants to do and then follow her lead, providing enough support and encouragement for her to accomplish her goal.
- Join in! Showing interest in your child's play shows him that you think his play is valuable and important.
- Relax and have fun!!

**Presented by the York Region Early Literacy Specialists**

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