



Why is play is important?

- Play is defined as engaging in activity for enjoyment and recreation than serious purpose or outcome.
- Play is critical for children's development as it is they way they learn about the world
- There are lots of different types of play that teaches children different things

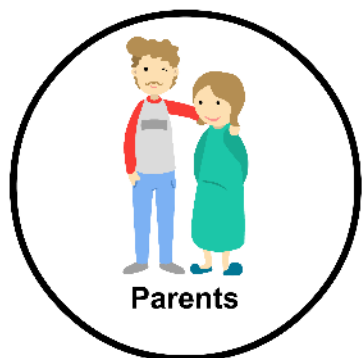


- Rough and tumble play
- Symbolic play
- Dramatic play
- Social play
- Creative play
- Onlooker play
- Object play
- Role play
- Mastery play



- Playing with your child is so important for their development, as well as allowing time for play throughout their lives (not just when they are little

Ideas for play:



- Playing with small world figures (figurines)
- Playing with trains, cars, and wooden blocks
- Outdoor play!
- Shaving foam, rice, sand, water – sensory play with your hands!
- Crayons, chalk, spray bottles
- Story books and acting out the story
- Play silks (blankets, capes, forts, beds etc)