

### DVD Worksheet Key, Page 1

#### Learning Through Play

The *play experiences* using all five senses create connections in the brain that impact future development.



According to researcher Mildred Parten, as children become older, and their communication skills improve and opportunities for more peer interaction increase, the social (associative and cooperative) types of play become more common. ([http://en.wikipedia.org/wiki/Parten%27s\\_stages\\_of\\_play](http://en.wikipedia.org/wiki/Parten%27s_stages_of_play))



Partner with others to also interact with your child - especially those who watch him/her.



#### Experience, Explore, Learn

1. Experts agree that ***play*** is a necessary and important pathway to healthy child ***development***.
2. For ***babies***, play involves many different experiences whereas for ***toddlers***, play involves exploration and learning.
3. Research tells us that for every age, when children are playing, they're ***learning***.
4. They estimate that ***50%*** of a human's ***brain*** development occurs in the first six months of life. ***Seventy percent*** is complete by the end of the first year.
5. A good portion of a child's later ***physical***, intellectual and ***emotional*** development depends on the kind and amount of ***stimulation*** received in the early years.
6. Babies are aware of their ***surroundings*** and are ready to learn and interact from the day they are ***born***.
7. The essential foundations of ***love*** and ***trust*** are created through interactions with others, especially during times of play.
8. Play is critical for what? ***Healthy brain development***
9. Early researcher Mildred Parten theorized that children have essentially six different types of play. This theory has been further developed by others. What are the types of play:
  - ◆ ***Solitary or independent play*** - a child learns to ***concentrate***, think by themselves, come up with creative ideas, and regulate ***emotions***.
  - ◆ ***Parallel play*** involves children playing side-by-side - this play is very common for children between one and three years of age. It teaches peer regulation, observation skills, how to get along with others, as well as ways to work independent.

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During cooperative play, it common to recognize characteristics of leaders and followers.

◆ **Cooperative play** is a more organized type of play. The child plays part of a larger group that has a collective goal. In the setup of the play, children are learning about friendship and cooperation and about some of the social norms.

◆ **Skill Mastery Play** is when a child is beginning to learn a new skill and uses trial and error to repeat the same skill over and over. It is common when learning to throw a ball, ride a bike, swim, or swing independently.

◆ **Sensory Motor Play** is common for infants and younger children. During this type of play, children use their **five** senses and their **motor** skills.

What is an example of this in toddlers? **An activity in sand, mud, water, or play dough.**

◆ **Rough and Tumble Play** is when children engage in activities with varied levels of intensity and energy. The game might start with tag and quickly become tackle or wrestling.

In physical play, a child learns about his **body** and how to explore the world around him.

10. What is social referencing? **When a child looks to a parent to see if what he or she is doing is okay.**

11. Play encourages children to experience a broad range of feelings and to learn to regulate their **emotions**.

12. When children play they develop **cognitively**.

13. What do children learn through play? **Almost everything**

14. What is delayed gratification? **When a child has to wait for something he really wants.**



#### Helping Your Child to Own the Rules

When you want your child to play in a certain way, try using the phrase, "what if?" instead of telling your child not to do something.

For example, "what if the rules of the game were that everyone had to go under the play set instead of over the play set?"

Children will think about your suggestion, look at the scenario and realize that it makes sense, and they'll incorporate it into their own set of rules without you having to dictate what they should do.

