

You are
your
child's best
toy!

Why is play important for learning?

Play is the true work of a child. Children are busy when they are playing, and they are learning when they play. For example, when children are lifting, dropping, looking, pouring, bouncing, hiding, building, knocking down, climbing, running, and play acting they are learning.



Your child is learning the following things through play:

- scientific concepts, such as what sinks and floats and how to balance blocks to build a tower
- mathematical concepts, such as how to divide toys or treats evenly, or what is bigger, smaller, more or less
- literacy skills, such as trying out new words, telling stories, or pretend play
- social skills, such as how to get along with others, make friends, and be respectful
- thinking skills, such as how to recognize and solve problems
- movement skills, such as walking, running, hopping, balancing, throwing and catching.

Play acting is really important for your child. When children play act they practice real life situations.

Research shows that children who play act:

- have greater language skills
- have better social skills
- have more imagination
- are more likely to be kind to others
- are less aggressive
- show more self-control and higher levels of thinking
- develop better self-regulation.

Play acting is an activity that you and your child can do together.

For example, you can:

- act out a story you have read together
- have a tea party with dolls and teddy bears
- pretend to be a horse and rider.

Play is the
work of a
child