



FROM THE GROWING KIDS' PARENTING RESOURCE LIBRARY

Pediatricians Promote Play

Not all birds can fly. What separates the flyers from the walkers is the ability to take off. - Carl Sagan

"Play is essential to the social, emotional, cognitive, and physical well-being of children beginning in early childhood. It is a natural tool for children to develop resiliency as they learn to cooperate, overcome challenges, and negotiate with others. Play also allows children to be creative. It provides time for parents to be fully engaged with their children, to bond with their children, and to see the world from the perspective of their child. However, children who live in poverty often face socioeconomic obstacles that impede their rights to have playtime, thus affecting their healthy social-emotional development. For children who are under resourced to reach their highest potential, it is essential that parents, educators, and pediatricians recognize the importance of lifelong benefits that children gain from play."

This strong statement on the importance of play summarizes a clinical report from the American Academy of Pediatrics published in the January issue of **Pediatrics**.