



FROM THE GROWING KIDS' PARENTING RESOURCE LIBRARY



The Value of Play

Parents often feel that their children are not learning anything when they are “just playing.” However, play is the way in which young children learn. They learn even more when a parent joins in their play and shows the child what a special time it is and how much fun they are having together. It’s a wonderful time to laugh, hug, encourage, and give positive attention to your child.

WHEN YOUR CHILD LISTENS TO STORIES OR LOOKS AT BOOKS:



He learns to listen.

He is increasing his vocabulary by hearing new words read to him.

He learns about concepts, people, and places.

He learns to enjoy books and reading.

His mind is stimulated, visualizing all the things he is hearing about.

WHEN YOUR CHILD PAINTS:



She is more concerned with the process she is going through than with the finished product. This is how it should be for her stage of development.

She learns about colors and how she can use them.

She learns about her imagination and transfers her ideas to paper.

She learns how to use small muscle coordination to handle a brush.

She learns to make choices and decisions.

WHEN YOUR CHILD BUILDS WITH BLOCKS:



He learns to use his imagination to create something.

He has the satisfaction of making something when there is no right or wrong way.

He learns about sizes and shapes, weights and balances, height and depth, smoothness and roughness.

He is exercising his body.

He learns to play with others.

WHEN YOUR CHILD PRETENDS:



She learns about the roles of mothers, fathers and children.

She understands what it feels like to play at being somebody or something other than herself.

She learns how to use her imagination.

She learns how to cooperate with other children.

WHEN YOUR CHILD PLAYS OUTDOORS:



He learns how to use his body effectively.

He experiences joy in achieving skills such as running, jumping, and climbing.

He has fun and relaxation found in bodily movement.

He learns what he can do and what is difficult.

He learns safety and caution.

He develops strength and coordination.

He learns to take turns and share a piece of equipment.

WHEN YOUR CHILD MAKES A GIFT OUT OF PAPE AND PASTE:



She learns about doing things for others.

She learns how to use materials like markers, scissors, paste and glue.

She learns how to use her imagination to make the kind of present she has in mind.

She learns about sizes, shapes, colors, and textures.

WHEN YOUR CHILD PLAYS IN THE SAND:



He finds it soothing to bury his hands in sand and pour sand in and out of cups, buckets, and other containers.

He is able to relax and center on his task at hand.

He learns to play alone or enjoys the company of others.

He learns about size and measurement, experimenting with measuring spoons, cups, and different size containers.

He is not concerned with a final product, so he does find it frustrating.

WHEN YOUR CHILD COOKS:



She learns to follow directions.

She stimulates and uses all five senses.

She learns to recognize colors and shapes from different kinds of foods and kitchen utensils.

She uses different tools and equipment to improve small muscle coordination.

WHEN YOUR CHILD WORKS WITH PUZZLES:



He might play alone or together with other children.

He gains satisfaction in completing a puzzle and builds his self-confidence.

He is improving his hand/eye coordination and small muscle development.

He will use puzzle skills later when he learns to read - putting letters and sounds together, making words with letters, and making stories with words.

WHEN YOUR CHILD LISTENS TO MUSIC, SINGS, OR DANCES:



He learns to appreciate music from different countries, cultures, and time periods.

He learns to express himself and his ideas.

He increases his vocabulary.

He gains satisfaction from participating in an activity that can be fun, physical, and enriching.

WHEN YOUR CHILD USES MANIPULATIVE ACTIVITIES:



She explores new concepts, practices new skills, and reinforces what she has already learned.

She develops fine muscle skills.

She learns about classifying, sorting, predicting, problem solving, and analyzing results.

She develops her knowledge of the world around her using real objects and concrete examples.

She learns patience and taking turns.

Information from kinderteacher.com
