

Children's Communication: Play

- Play is children's natural way of learning & communication
- American Academy of Pediatrics recommends children +60 min everyday in open-ended play

Many research on the benefits of play:

- Healthy brain development
- Better language scores & problem solving abilities
- Reduce social and emotional problems
- Better body coordination & flexibility

Play is learning

- Cognitive
- Relational
- Spatial
- Emotional

Play is empowering

Play is expressing

Play is developmentally appropriate and necessary

Play is socializing



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