**Play and Child Development**

Notes & Lab

***The Developmental Purposes of Play***

Play helps children to grow and learn in many areas of life, such as:

* ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Children learn new words to explain the toy and how the game is played. Older children use language to explain rules and agree on fair play.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Play helps children develop their bodies, especially balance and coordination.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Children can express emotions during pretend play and learn strategies to deal with their positive and negative feelings.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Children learn turn-taking, sharing, and become skilled at noticing others’ feelings.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: Play teaches children about cause and effect, problem-solving, and can develop memory.

***Toys and Play: Ages and Stages***

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| **0-3 months** | **6-12 months** | **1-2 years** |
| Developmental Milestones:• Sees black/white, later color• Begins to recognize familiar people• Push up to hold self up on tummy with arms• Hands to mouth• Learns to follow people/objects with eyes | Developmental Milestones:• Roll over• Hold head up / Sit Up • Crawl / Standing with support• Babble speech / Knows name• Pass objects between hands• Grasp with fingers | Developmental Milestones:• Walking / Running• Sorting• Imitates others• Empathy (feels others’ feelings)• Language improves (knows shapes, colors)• Improved hand coordination |
| Types of Toys: | Types of Toys: | Types of Toys: |
| **3-4 years** | **5-7 years** | **8-10+ years** |
| Developmental Milestones:• Imagination • Improved overall coordination with movement- ex) Can Pedal Tricycle• Speaks fluidly and with detail• Plays with others | Developmental Milestones:• Beginning readers• Improved attention span• Understands turn-taking and game rules• Knows not to put items in mouth• Follows directions | Developmental Milestones:• Independence• Peer-focused• Clear interests emerge• Follow rules consistently• Interest in how things work |
| Types of Toys: | Types of Toys: | Types of Toys: |

***For all ages, parents should consider if a toy is:***

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Magic Number: \_\_\_\_\_\_\_\_\_\_inches for kids under 5