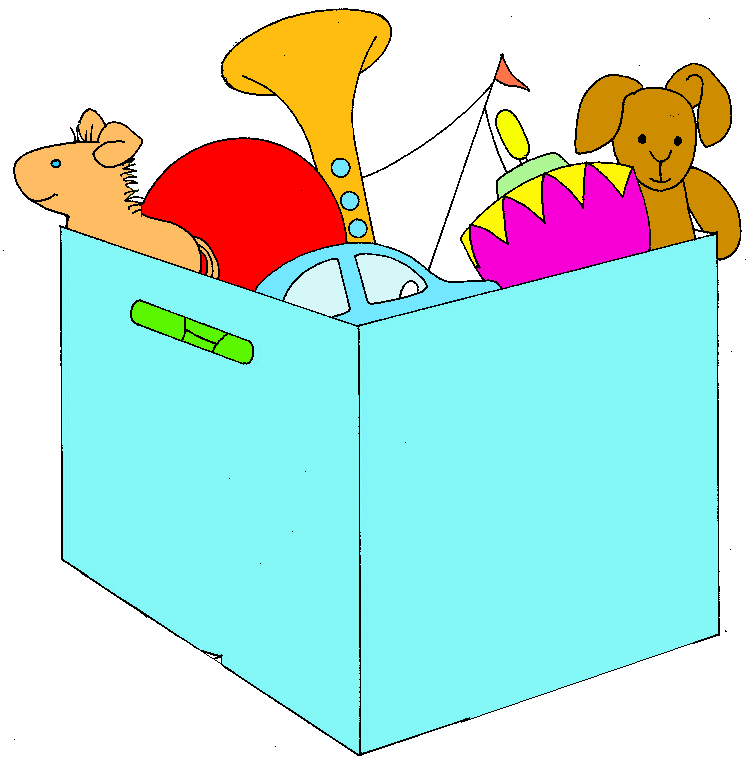
**Play and Child Development**

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***

|  |  |  |
| --- | --- | --- |
| **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