



The Power of Play



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Impact on early development

"Play is so important to optimal child development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child." ¹

...

"Free, unstructured play helps children reach physical, cognitive, and social milestones." ²

...

"It is through play that children at a very early age engage and interact in the world around them." ¹



Parent-child relationship

"Playing with kids builds a bond that will last forever. It lets the child know he or she is loved and appreciated." ³

...

"Children's developmental trajectory is critically mediated by appropriate, affective relationships with loving and consistent caregivers as they relate to children through play." ¹

...

"Through play, parents have unlimited activities to help their child through cognitive, emotional, physical, and social development." ⁴



Preschool

"Young children who engage in high levels of representation when playing with blocks exhibit expedited reading growth and better reading abilities in early elementary school when compared to same-aged peers." ⁵

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"In childhood play, it is a safe assumption that kids need more than a two-dimensional screen to gain competency. Children need free, hands-on play that is kid-organized, to maximize their potential." ⁶

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"Children who are able to engage in pretend play will develop both cognitive and social self-regulatory skills." ⁷



Kindergarten-readiness

"Play allows children to create and explore a world they can master, conquering their fears while practicing adult roles, sometimes in conjunction with other children or adult caregivers." ¹

...

"Research shows the links between play and foundational capacities such as memory, self-regulation, oral language abilities, social skills, and success in school." ⁸

...

"Play engages children's attention, providing challenge, observation and opportunities for practice and success in the development of skills, creative problem solving, concepts, and relationships." ⁹



Academic and lifelong success

"Play-based education in preschool and kindergarten gives children a chance to develop their creativity in balanced ways.

*It supports the overall healthy development of children and prepares them for the 21st century workplace where creativity is highly valued."*¹⁰

...

*"Many of our greatest thinkers locate their capacity for original and profound thought in their imaginative abilities, first developed through creative play in early childhood."*¹¹

...

*"Rather than detracting from academic learning, play appears to support the abilities that underlie such learning and thus to promote school success."*⁸

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