



Parenting Corner: *Importance of Play*



IUSD Early Childhood Learning Center
Early Start • Head Start • Montessori International • School Readiness • Special Education
(949) 936-5870



The Power of Play

An Evening with Dr. David Elkind

Dr. David Elkind will be speaking on the powerful role of "play" in children's emotional and academic development. Dr. Elkind has written 19 books, including *The Hurried Child*, *Reinventing Childhood*, *All Grown Up and No Place to Go* and *Ties That Stress: The New Family Imbalance*. He has appeared on *The Today Show*, *CBS Morning News*, *20/20*, *Donahue* and the *Oprah Winfrey Show*.

When: 7:00 PM on November 2, 2006
Where: Mariners Church Community Center
5001 Newport Coast Dr.
Irvine, CA 92603
Cost: \$10 presale (call 949.824.2100)
\$15 at the door

Fast Facts

- TV viewing contributes to poor grades, sleep problems, behavior problems, and obesity.
- The average child spends more time watching TV than in school.



Quotable Quotations by Dr. Elkind

- "When we are polite to children, we show in the most simple and direct way possible that we value them as people and care about their feelings."
- *On the trade-off between scheduled activities and free time:* "It's in [children's] free time that [they] are able to initiate their own activities and nourish their creative and imaginative abilities."
- "Learning teaches us what is known, play makes it possible for new things to be learned. There are many concepts and skills that can only be learned through play."

About the Author



"Just Playing"



When I'm building in the block room
Please don't say I'm "Just Playing"
For, you see, I'm learning as I play
About balance, I may be an architect someday

When I'm getting all dressed up
Setting the table, caring for the babies
Don't get the idea I'm "Just Playing"
I may be a mother or a father someday

When you see me up to my elbows in paint
Or standing at an easel, or molding and shaping clay
Please don't let me hear you say, "He is Just Playing"
For, you see, I'm learning as I play
I just might be a teacher someday

When you see me engrossed in a puzzle
or some "playing" at my school
Please don't feel the time is wasted in "play"
For you see, I'm learning as I play
I'm learning to solve problems and concentrate
I may be in business someday



When you see me cooking or tasting foods
Please don't think that because I enjoy it, it is "Just Play"
I'm learning to follow directions and see the differences
I may be a cook someday

When you see me learning to skip, hop, run,
and move my body
Please don't say I'm "Just Playing"
For, you see, I'm learning as I play
I'm learning how my body works
I may be a doctor, nurse, or athlete someday

When you ask me what I've done at school today
And I say, "I just played"
Please don't misunderstand me
For, you see, I'm learning as I play
I'm learning to enjoy and be successful in my work
I'm preparing for tomorrow

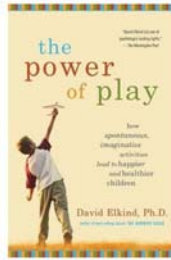
Today, I am a child and my work is play.

Story Corner

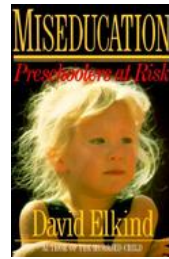


This time, for parents!

Enlighten yourself on the latest research in child development!



The Power of Play



Miseducation: Preschoolers at Risk
Dr. David Elkind



The Hurried Child
Dr. David Elkind

2005 · JUNE · 2005

Importance of Play

Patricia M. Mikelson
President, Highlights-Jigsaw

Play is as vital as love, food, care and hope.

Play is a "brain food" to help brains develop in ways critical to school success. It provides the foundation for learning including language, reading, thinking and reasoning skills. In addition, parent-child play provides important opportunities for parent-child bonding.

The most authentic play experiences are child-initiated, freely chosen, and child powered. Such play is pleasurable and fun, active and mind absorbing.

Child development experts agree that play is very important in the learning and emotional development of all children. Play is multi-faceted:

- Play is how children experience fun and joy.
- Through play children develop their personalities and a positive sense of self, realize their potential and experience success.
- Play unlocks children's creativity and imagination, and develops reading, thinking and problem solving skills as well as motor skills.
- Through play, children process and manage emotions, and understand and interpret the world around them.

Helpful Resources

Websites for great resources on understanding why play is so important and how to encourage it with your own children!

www.seedsofknowledge.com

www.allianceforchildhood.org

www.practicalparent.org



For more information on the IUSD School Readiness Program visit: www.iusd.org/eclc/ and click on ECLC programs.

PLAY WITH YOUR CHILDREN ...
FROM THE BEGINNING



The Benefits of Play: Pure and Simple

as specified by Dr. Bruce Perry

- Gross Motor Skills (skipping, kicking)
- Fine Motor Skills (grasping, hand-eye coordination)
- Semantics (word play, rhyming)
- Cognitive Capacity (problem solving, trial & error)
- Social Skills (communication, cooperation)

Funded by: Children and Families Commission of OC



PLAY GAMES!

Find: Fun, Play, Learn, Grow

C	P	E	A	A	A	M
T	L	E	A	R	N	R
F	A	H	S	A	F	E
S	Y	R	P	R	U	P
E	D	O	I	M	N	D
G	R	O	W	T	E	O