



0:05

(music playing)

**0:06**

(music playing)

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play

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is the name we give to children's inborn

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wish to explore their world. It's what children do

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when they are choosing, they are actively engaged

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and they're doing what they're doing for their own reasons

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and in their own way. It's something that's

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innate in children. They have a need

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and desire to play. They're kind of exploring

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uncertainty. They're taking themselves beyond what they know and understand

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and into what they're curious about, to want to find out about

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One of the ways that children learn all sorts of things is through making

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mistakes

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and children never make mistakes they don't get that

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feedback and they don't have that experience they can build on

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In essence I think children

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need space and time throughout their lives when they can play



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um and they need adults around them who

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have an understanding about the value in and

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and kind of what's lying behind their play. It's how they learn

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it's how they develop new ideas, new skills and they use them in the safe environment

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So what play is from the very early stages

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is that real-life interaction and it happens naturally. There is a drive to

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learn

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in every tiny baby and what we've got to do is nurture that drive

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rather than shut it down.

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We know that there's lots of different types of play

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which are very important for children's development. You know you have the

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active play and that develops all their gross motor all the big movements

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so they're running, they're climbing and negotiating space

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and obstacles. They have exploratory play

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that develops their fine motor skills and their

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sensory integration develops their

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Hand-eye coordination the ability to be up to finish a puzzle

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and hold a pencil for writing.



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The basic play skill that children need for language

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is called representational play and then

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imaginative pretend play. This is when

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babies one-year-olds will be holding up

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an empty cup to pretend to take a drink or they'll hold

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something up to their ear and pretend to talk. And usually find

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That this play coincides with the emergence of first words

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This a very strong link between play and language.

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So for example um turn-taking in play so rolling the ball

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dad rolls the ball, baby rolls the ball, dad rolls the ball baby rolls the ball

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my turn, your turn, putting shapes in a shape sorter

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my turn, your turn. All that turn-taking will eventually

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turn into I'm taking turns in conversation.

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Children need to develop very good play skills

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in order to develop good imagination

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to develop good language to then be able to use this language

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in their speaking but also in their writing as well.

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Children's social development learning to get along with the other kids



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learning how to make up if anything goes wrong choosing what they want to do

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finding out whether it works learning to deal with triumph and disaster

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almost everything that we become as human beings

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has got its roots in play. Children like to test themselves they like to

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you know, take risks to seek out physical challenges. That's a valuable learning process

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The big thing is to make sure the children get lots of opportunities to play out

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with other children using their imagination. If that doesn't happen you

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may very well have repercussions later

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in terms of that they will cease to have the will to explore

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and the will to learn. The basic role of

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play is equipping children for what life might throw at them

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And what adults can add to that is the things that

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human brains crave in the early years

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songs, music, stories. Lots of them.

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If those happen

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your chances of the child growing up to be bright, balanced

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and responsible and productive citizen are much much greater

5:01

Music playing