

Purpose of Play

Unstructured, spontaneous play may seem silly and even meaningless, but there is serious learning and development happening in your child's brain!

Here's what play can do:

- Help lay the foundation for literacy.
- Allow your child to be spontaneous.
- Assist with development of problem-solving skills.
- Assist with development of critical-thinking skills.
- Help develop impulse control.
- Teach children about their bodies.
- Help the brain organize itself.
- Increase cognitive growth.
- Improve emotional health.



Play is important for adults, too.

It helps us practice patience and understanding with our children and is a wonderful tool for you to learn about and further understand your child's world!

Children who do not regularly engage in play:



- Are more at risk for anxiety and depression.
- Are more likely to have poor educational outcomes.
- Are more likely to have aggressive behaviors.
- Tend to show decreased ability to regulate their emotions and decreased frustration tolerance.
- Show decreased problem-solving skills.
- Show decreased critical-thinking skills.
- Are more likely to gain unhealthy weight.

Screen time and structured sports activity does not count toward unstructured free play time. It is even more beneficial to have free play outside as much as possible!

**So let them play every day!
And join in; it's good for you and your child!**