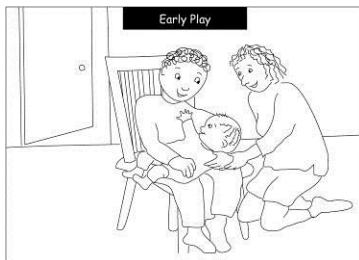


# A Guide for Parents to Help Their Child Develop Through Play

## The Power of Play

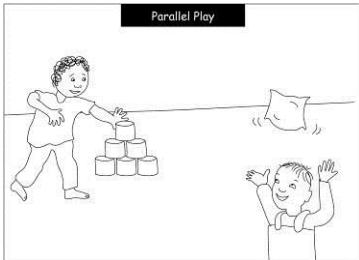
Play is the primary way that children learn. Through play children explore their bodies, their relationship with parents, friends and the world around them.

## The Stages of Play



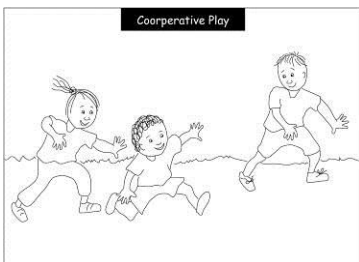
### **Early Play (Infant)**

Most of an infant's play is with parents and other family members. Babies feel good when they are talked to and held close.



### **Parallel Play (2- to 3-year-olds)**

Children enjoy being with each other but they do not interact very much. They will play side by side. They will watch and listen to each other. Sometimes they will fight over the same toy.



### **Cooperative Play (4- to 5-year-olds)**

Children can talk to with each other when their speaking and listening skills are more developed. They plan and tell each other what to do. They respond to what others are doing. Children begin to play simple games and activities together with rules and time limits.

## How Can Parents Help Children Play?

- Play with your children, especially during their early years.
- Create a home in which you encourage play.
- Allow children to help around the house.
- Make time to play with your children every day.

# Playing With Your Infant (0-1 Year Old) . . .

## Why Is It Important For Children To Play and Be Active?

Children need to:

- be active to grow and develop
- learn about their bodies and the world around them
- be creative and imaginative
- be healthy with strong bones, muscles and heart

## What Kinds of Play Do Infants Like?

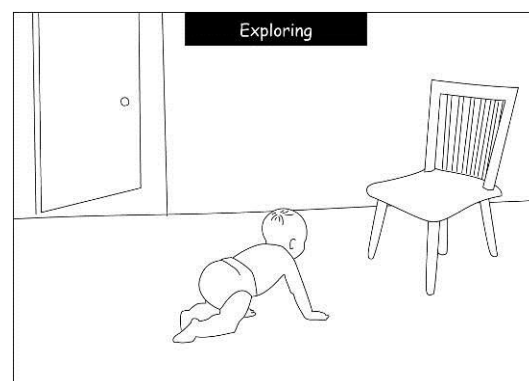
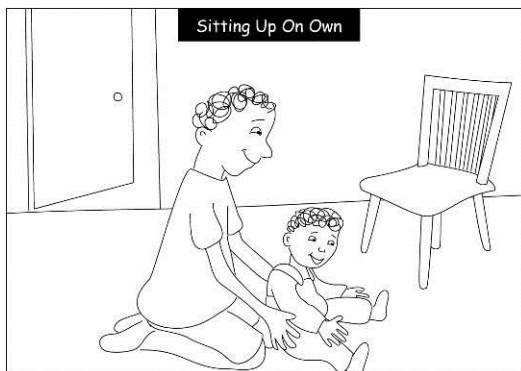
- dancing
- looking at items in the home and neighbourhood
- playing on the floor
- listening to familiar voices, songs and music

### Activities that Build Large Muscles

- exploring
- crawling and rolling
- sitting up independently

### Activities that Build Small Muscles

- handling objects
- moving objects from hand to hand
- touching, holding and banging objects

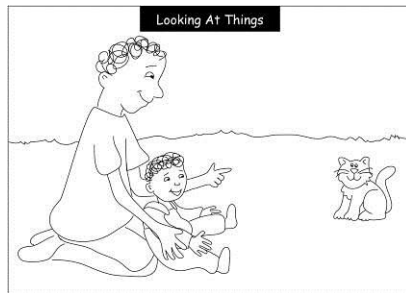


## . . . Activities To Do With Your Child

Infants respond when you stimulate their senses of touch, sight, smell and hearing.

### **Dance, Dance, Dance**

Play music. Sing and dance with your child in your arms.



### **Let's Look At Things**

Show your child simple books or point out and name objects in the house.

### **Hello!**

Put your hands over your face. Take your hands away and say, "Hello!"  
Hide behind a wall. Peek around the wall and say, "Hello!"

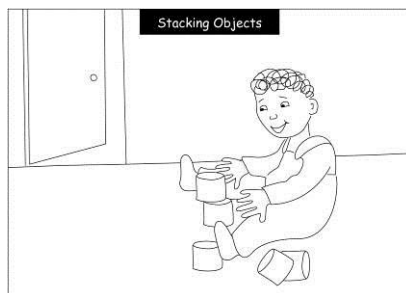


### **Counting Fingers, Counting Toes**

Play with your child's fingers and toes. Count the fingers and toes out loud while you play.

### **Fly Baby Fly**

Lift your child into the air. Move in circles and swing your child in your arms.



### **Arrange and Rearrange**

Stack objects. Have your child knock them down with hands. Repeat.

# Playing With Your 1-Year-Old . . .

## Why Is It Important For Children To Play and Be Active?

Children need to:

- be active to grow and develop
- learn about their bodies and the world around them
- be creative and imaginative
- be healthy with strong bones, muscles and heart

## What Kinds Of Play Do One-Year-Olds Like?

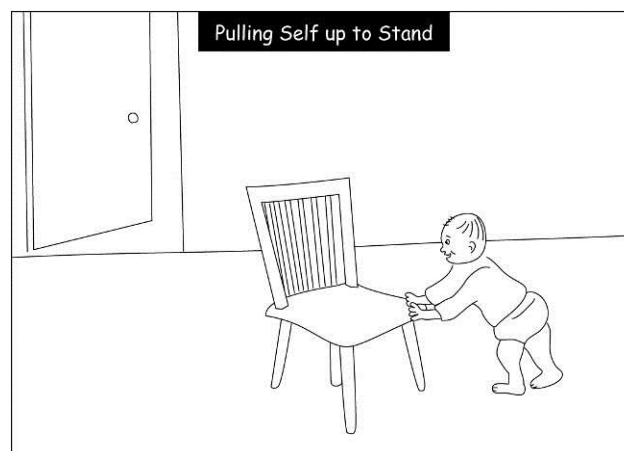
- pushing and pulling objects
- clapping hands together
- playing hide-and-seek
- stacking objects
- rolling balls
- crawling
- pulling themselves up to stand

### Activities that Build Large Muscles

- crawling
- moving objects from hand to mouth
- walking while holding onto furniture

### Activities that Build Small Muscles

- clapping hands
- playing with rattles and toys
- pushing and pulling



## . . . Activities To Do With Your Child

### Push Me, Pull You

Have your child stand while holding on to a safe moveable object. Slowly pull the object forward. Encourage your child to walk while holding on to the object. Or, have your child stand in front of you. Have her hold your hands while helping her to move forward.

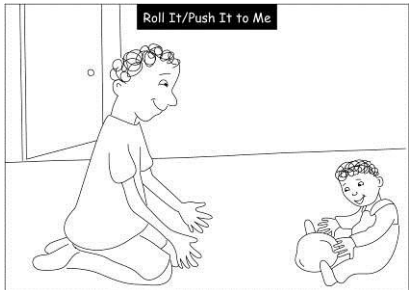


### Clap Happy

Encourage your child to clap his hands together. Encourage your child to pat his knees, chest, head or tummy.

### Who Is Hiding Here?

Hide your child under objects, for example, a towel or small blanket. Pretend that you are looking for your child but cannot find him or her.



### Roll It/Push It To Me

Sit or kneel on the ground facing your child. Keep your legs apart. Roll or push objects towards each other.

### Catch Me If You Can

Go outside or visit a playground with your child and play a "catch me" and "hug me" game. For example, you chase your child to catch her and then see if she can chase you. Any time one of you is caught, give your child a hug.

# Playing With Your 2-Year-Old . . .

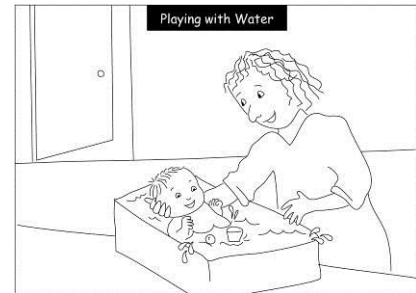
## Why Is It Important For Children To Play and Be Active?

Children need to:

- be active to grow and develop
- learn about their bodies and the world around them
- be creative and imaginative
- be healthy with strong bones, muscles and heart

## What Kinds Of Play Do Two-Year-Olds Like?

- copying their parents, for example, helping with daily chores
- playing with things they can push and pull
- repeating things so they can learn them and do them well
- playing with water and sand
- exploring, trying new things and discovering for themselves
- singing and dancing

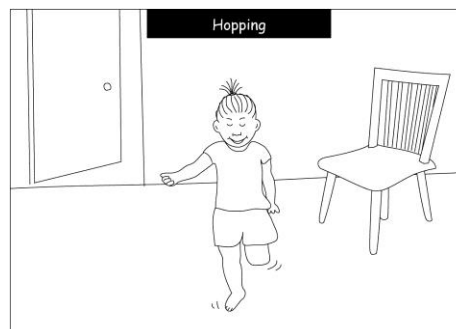
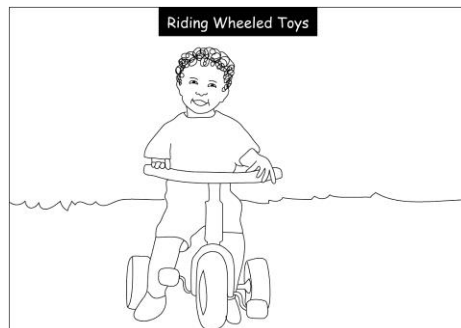


## Activities that Build Large Muscles

- dancing
- riding toys
- pushing and pulling
- jumping
- throwing
- hopping

## Activities that Build Small Muscles

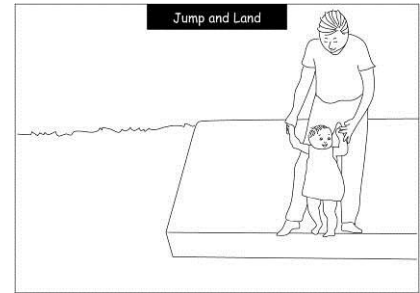
- piling objects
- using cutlery
- drawing
- picking up small objects
- putting together toys and puzzles



## . . . Activities To Do With Your Child

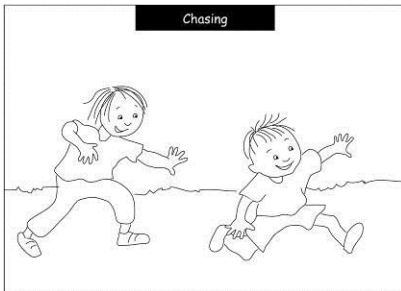
### Jump and Land

Help your child jump and land safely while jumping from low steps or boxes. Practise landing on both feet and bending the knees.



### Let's See, I'll Be...

Ask your child to act like a tree bending in the wind, a butterfly or bird in the sky, or the sun rising.

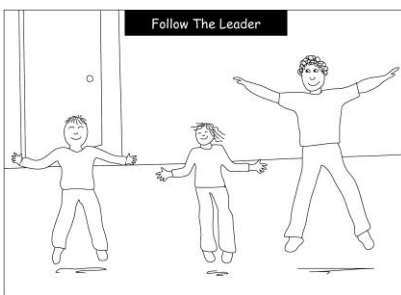
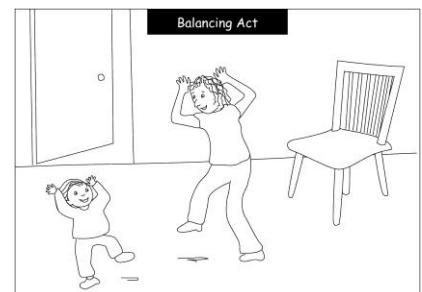


### Me, Chase Me

Chase your child in the house or outside. Hug her when you catch her. Have your child chase you and hug you when she catches you.

### Balancing Act

Ask your child to copy your movements. Lift one foot and stand still. Then lift the other foot. Try this again but with your eyes closed, or with your hands above your head.



### Follow The Leader

Ask you child to copy you. Nod your head, shake your leg, move your hips in circles, stomp your feet, and wave your arms. Play music while you do these activities.

# Playing With Your 3-Year-Old . . .

## Why Is It Important For Children To Play and Be Active?

Children need to:

- be active to grow and develop
- learn about their bodies and the world around them
- be creative and imaginative
- be healthy with strong bones, muscles and heart

## What Kinds Of Play Do Three-Year-Olds Like?

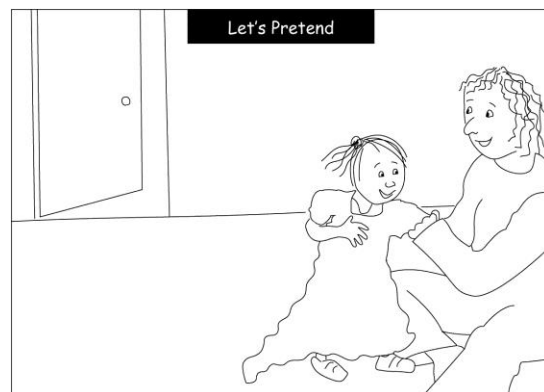
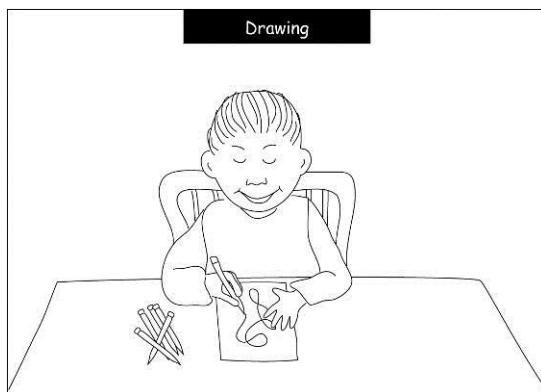
- watching other children play
- playing alone but near other children
- throwing, catching and kicking balls
- climbing slides
- pulling play carts or wagons
- building with blocks
- playing make-believe or pretending
- imitating sounds

### Activities that Build Large Muscles

- climbing
- throwing, catching and kicking
- pulling and pushing

### Activities that Build Small Muscles

- dressing self
- feeding self
- drawing and painting





## . . . Activities To Do With Your Child

### Follow Me

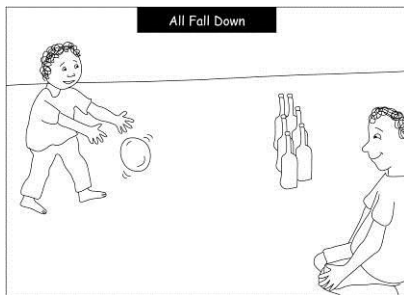
Call out simple commands like: "put your hands on your head," "cross your arms," "walk like this." Have your child follow you and copy your actions.

### Matching

Have your child match objects that are like each other into pairs: for example, pieces of fruit (2 bananas, 2 oranges, 2 pears)

### Hot and Cold

Hide an object in the room and ask your child to find it. Give clues. Say "hotter" as he gets closer to the object. Say "colder" as he gets farther from the object.



### All Fall Down

Set up bottles, cardboard tubes and so on. Have your child roll a ball to knock them down.

### Sing Along

Teach your child simple songs.

### Let's Dance

Play bits of music that remind your child of different actions. For instance, a big loud beat means to walk like an elephant, or a soft beat means to tiptoe like a mouse.

## Why Is It Important For Children To Play and Be Active?

Children need to:

- be active to grow and develop
- learn about their bodies and the world around them
- be creative and imaginative
- be healthy with strong bones, muscles and heart

## What Kinds Of Play Do Four-Year-Olds Like?

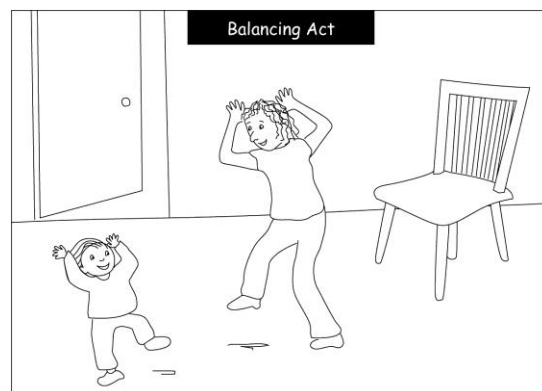
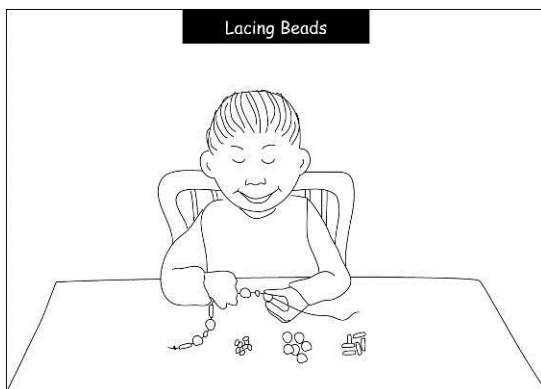
- climbing on benches, boxes and slides
- jumping over puddles and ropes
- jumping off benches and boxes
- balancing on low beams and boxes
- bouncing and kicking balls
- throwing objects at targets
- running and chasing
- building with large blocks

### Activities that Build Large Muscles

- balancing
- running
- climbing
- kicking

### Activities that Build Small Muscles

- puzzles
- drawing and painting
- putting beads on a string
- dressing self and doing up buttons



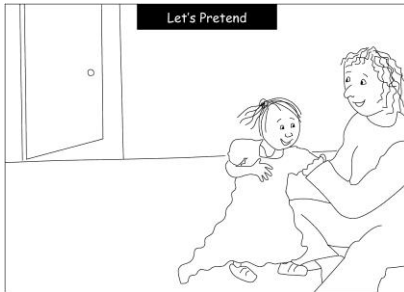
## . . . Activities To Do With Your Child

### Obstacle Course

Set up an obstacle course for your child. Include activities such as crawling, climbing, jumping and balancing.

### What Am I?

Have your child pretend to hop like a rabbit, swing his trunk like an elephant, or jump like a kangaroo.



### Let's Pretend

Encourage dramatic play. Provide your child with familiar household items and adult clothing. Let her dress up and play at being a mother, a store clerk, or a teacher.

### Let's Create

Provide a variety of art experiences. For example, have your child create art using pictures from magazines and newspapers, using string, yarn, beads, cardboard tubes, and so on. Have him draw and paint. Teach him to mix different colours of paint.

### Sing and Dance

Make musical instruments with sticks, containers, pebbles or cans. Have your child sing along and follow the beat of music with the instruments. Have your child march to the beat.



### Walk The Line

Have your child walk along: a rope, a line drawn on the ground, or a board on the ground. Have your child:

- pretend there is water on both sides
- walk backwards
- walk sideways

## Why Is It Important For Children To Play and Be Active?

Children need to:

- be active to grow and develop
- learn about their bodies and the world around them
- be creative and imaginative
- be healthy with strong bones, muscles and heart

## What Kinds Of Play Do Five-Year-Olds Like?

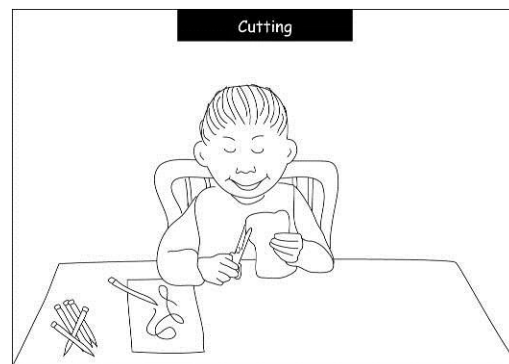
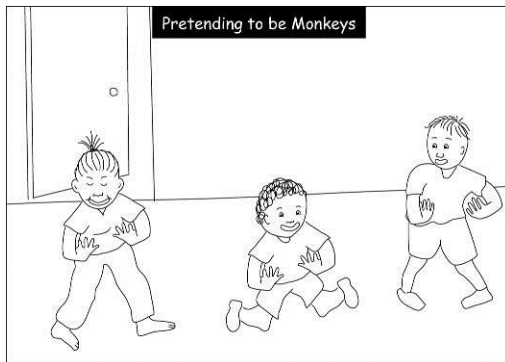
- throwing and catching
- riding wheeled toys
- jumping over objects
- imitating adults
- playing with friends
- tracing and copying letters
- painting and drawing
- puzzles and board games

### Activities that Build Large Muscles

- kicking
- climbing
- cycling
- building
- running
- jumping

### Activities that Build Small Muscles

- tracing and copying
- puzzles and matching games
- painting
- cutting
- drawing
- dressing self



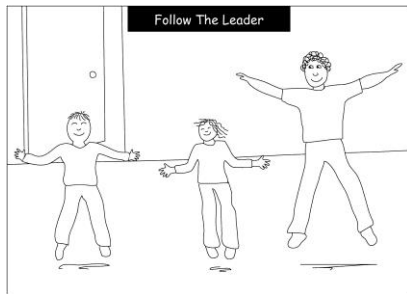
## . . . Activities To Do With Your Child

### Freeze

Play music. Have your child march around. When the music stops, your child must freeze. Repeat.

### Do As I Do

Have children stand in a circle. Ask children to put a part of their body into the circle and shake it. For example, put your right foot in, take your right foot out, put your right foot in and shake it all about.



### Follow The Leader

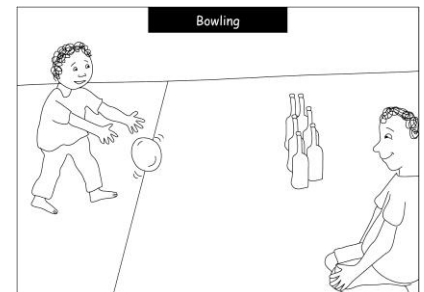
Encourage physical development by playing "Follow The Leader" with different movements. For example, skip, hop, or move backward and sideways.

### Obstacle Course

Set up an obstacle course. Include activities such as crawling, climbing, jumping and balancing.

### Bowling

Draw or use a rope or piece of string to make a line on the ground. Throw a ball from behind the line at a group of objects to knock them down.



### We Are

Provide opportunities for dramatic and creative play. Have your child move his body to show the opening of a flower, leaves falling, worms wiggling and snakes moving.





## ***About Right To Play***

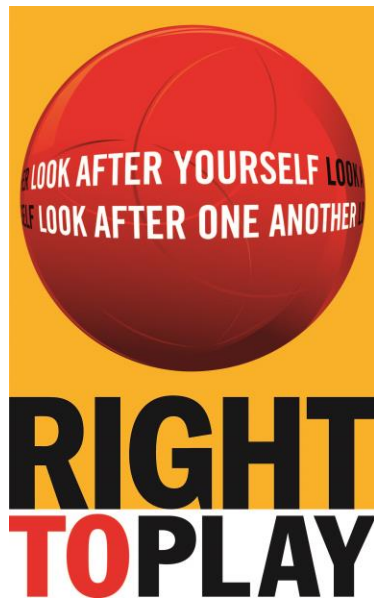
Right To Play is a global organization, using the transformative power of play to educate and empower children facing adversity. Through playing sports and games, Right To Play helps over one million children learn through play to create better futures, while operating in more than 20 countries each week. Founded in 2000 by social entrepreneur and four-time Olympic gold medalist Johann Olav Koss, Right To Play is headquartered in Toronto, Canada and has national fundraising offices in Canada, Germany, the Netherlands, Norway, Switzerland, the United Kingdom, and the United States. Regional offices are in Africa, Asia, and the Middle East. Our programs are facilitated by more than 600 international staff and 14,400 local volunteer Coaches.

### **About the Right To Play Resources**

Right To Play has over 1,000 sport and play-based games and activities designed by child development experts in consultation with local stakeholders from the communities we serve. These games and activities are collected in resource manuals. All Right To Play resources and play- and sports-based learning activities use the 3-step teaching and learning methodology called RCA (Reflect-Connect-Apply). RCA helps students process their experiences through reflection and dialogue with their peers and others. Reflect-Connect-Apply allows students individually and in groups, to examine their experiences consciously, relate those experiences to what they already know and formulate plans to use their learning.



This pamphlet is an excerpt from the Early Child Play Leader Manual.



Right To Play is an athlete-driven, international, humanitarian organization. It uses play and sport for the development of children and youth in areas of the world affected by poverty, disease and war.

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