

## **GAMES**

*“A game is the child’s job.” Montaigne*

The game, which is defined as the movements performed for the purpose of fun, has a great importance in the child's world. Children express their feelings and thoughts through play. At the same time, the role and the role of the game on the physical, emotional, cognitive and social development of the child is known to all of us.

In terms of socio-emotional development, the “Game”;

- Helps develop problem-solving skills and explore imagination.
- Helps her to express her thoughts and feelings in his/her inner world
- It promotes the development of empathy skills and increases the social skills like queuing , waiting, sharing.
- It promotes the development of creativity, but provides a learning environment for initiating social and emotional relationships.

## **SPENDING QUALITY TIME WITH OUR CHILDREN**

Although children enjoy playing games alone or with their peers, it is emphasized by the experts that parents are sometimes included in the child's play. Nowadays, parents often say that they cannot spend too much time with their children because of the intense work pace, and with this concern, they spend all their time apart from work with their children. What is important is not the duration of the hours spent with the child, but the content and quality. It is very valuable to establish a game isolated from technological instruments at a specified time and to be fully dedicated to the child. Staying away from devices such as ipad, telephone, television during the game will not interfere with our communication with the child and correctly convey the message “I am here for you, I listen to you, I hear you and you are valuable for me”.

## **PLAYING GAMES WITH OUR CHILDREN**

The aim of parents during play should be to understand the emotions, thoughts and behaviors of children. It is important to determine the games we prefer during the time we spend with our child are suitable for the age of the child. While playing the game, it should try to support different areas of development, it should not be didactic and it is necessary to make sure that this valuable time period is not a task.

For example,

- Activities can be planned to strengthen communication between parents and children in a home or social environment. Playing games like board games, reading books, playing with blocks, drawing pictures, chatting, walking in nature, sharing our observations, discussing, taking part in artistic activities are some of the examples that can be given to spend quality time with your children.

The important thing is that families are in mutual communication with their children and they endeavor to prepare a pleasant environment without showing a restrictive and guiding

attitude. We can help him feel valued and lovable by designing activities together, offering options, directing all our attention and attention to him.