



# ***PERRY LOCAL PRESCHOOL***

## ***'PAW'SITIVE BEHAVIOR SUPPORTS FOR HOME***

Dear Perry Preschool Parents,

### Play is Children's "Work"

Play allows children to explore the world, practice adult roles, and gain confidence. And it improves children's social skills as well, by helping them to "learn how to work in groups, to share, to negotiate, to resolve conflicts, and to learn self-advocacy skills." Play is important to healthy brain development. Give kids ample, unscheduled time to be creative, to reflect, and to decompress. Encourage your children to engage in active play (running around or playing tag) in lieu of passive entertainment (video games or television). Spend unscheduled, unstructured time together with your kids. Remember, play is a cherished part of childhood. By finding the right balance between work and play, your children will grow up happier, better adjusted, and more prepared to conquer the world.

- Dress-up costumes and props. During make-believe, kids can try on adult personas and experiment with solving "real-life situations." Old hats, shoes, briefcase, purse, blazer, cropped dress.
- Boxes, Paper-towel rolls, plastic bottle caps, and scraps, blocks, sand, mud, and water. Allow your child to make whatever he wants from these items and hold no expectations. Without pressure to produce a recognizable finished product, your child will feel capable of dealing with openness and ambiguity.
- Turn off the TV and turn on some music, spontaneously dance.
- Change out toys the child has available to them, they will believe they have new toys and be excited to create with them..

Attached are some resources for you. As always, if you need additional resources please feel free to contact your child's teacher.

Perry Preschool Staff



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10 Things Every Parent Should Know About Play -

<https://www.naeyc.org/our-work/families/10-things-every-parent-play>

Five Essentials to Meaningful Play -

<https://www.naeyc.org/our-work/families/five-essentials-meaningful-play>

Mini Learning Centers at Home -

<https://www.naeyc.org/our-work/families/10-prop-box-ideas-mini-learning-centers-home>

Playdough Power - <https://www.naeyc.org/our-work/families/playdough-power>

Just Play with Me: What Research Tells Us About Playing More Confidently with Our Children -

<https://www.naeyc.org/our-work/families/playing-confidently-with-our-children>

Play in a Puddle on a Rainy Day <https://www.naeyc.org/our-work/families/play-in-puddle>

Top Three benefits from Learning through Play -

<https://centerforparentingeducation.org/library-of-articles/baby-through-preschool-articles/top-3-benefits-of-learning-through-play/>

Play - <https://www.parentingcounts.org/parent-handouts/information-for-parents-play.pdf>

**“Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.” - Fred Rogers**