

## UNDERSTANDING THE IMPORTANCE OF PLAY FOR YOUNG CHILDREN

Intensive Family Coaching Project Lunch n' Learn Sessions

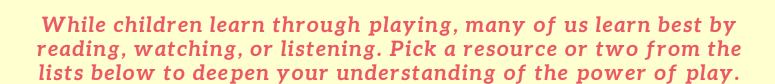


A crucial component of Intensive Family Coaching is enhancing the parentchild relationship. The primary way this is done is through child-directed play.

## WHAT IS CHILD-DIRECTED PLAY?

Child-directed play is any play interaction with an adult where the adult follows the child's lead. It is an opportunity for the adult to watch and learn more about the child's interests and a chance for the child to have a sense of control. Such play can help improve the child's self-esteem, behavior, social skills, and independence. Because of the focused attention of the adult, child-directed play can also increase opportunities for positive parent-child interactions.

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Quick Read: 5 Proven Benefits of Play (NPR.org) https://tinyurl.com/y2ty6z3d

Longer Read: The Power of Play (American Academy of Pediatrics) https://tinyurl.com/y3xunj4p



Building Babies' Brains Through Play:
Mini Parenting Master Class
(developingchild.harvard.edu)
https://tinyurl.com/yy69lqub



The Power of Play (Emerging Minds Podcast) https://tinyurl.com/y45elpx3

Say Yes to Play (Bright Horizons Podcast) https://youtu.be/Q0EV9QrfBwo





