



AcornDreams® Blog Tips

Building Children's Skills for Life - Pointers from our Posts

From Blog Entry "Playtime Matters: Are Some Kinds of Play Better Than Others?"

Research Summary

Research shows that free, unstructured play supports children's overall health, cognitive development, and social-emotional skills. When children use their imagination and play freely, they build problem-solving and critical thinking skills, practice social interactions, and learn to understand the world. Children today have less time to "just play" than ever.

Tips from this Post

Make sure children have time to "just play."

- Let children take the lead. "Free play" follows a child's imagination and inclinations. It doesn't always make sense to adults. A child may change the theme or "pretend" world right in the middle – that's okay.
- Supply simple toys. Some of the best toys for children are boxes, blocks, and dolls. "No batteries" is good!
- Take it outside. Children love to poke around and explore the great outdoors.
- Allow some boredom. Feeling a little bored can spur children's imagination.
- Let some messiness happen.
- Enjoy the inevitable laughter and spontaneity.

To read the blog entry "Playtime Matters: Are Some Kinds Of Play Better Than Others?" visit the AcornDreams.com blog page.



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