



NEWSLETTER

PLAY

National Day of the Child – November 20

November 2008

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THE CHILD'S RIGHT TO PLAY

CHILDREN are the world's future and have played at all times throughout history, and in all cultures. **PLAY**, along with the basic needs of food, health, shelter and education, is vital to develop the potential of all children.

PLAY . . .

- is combining thought and action; it gives pleasure and a feeling of achievement
- is instinctive, voluntary, and spontaneous
- helps children develop physically, mentally, emotionally and socially
- is child's work, not a mere passing of time

PLAY = LEARNING

Adapted from information provided by the *International Association for the Child's Right to Play*

WHEN YOUR CHILD . . .

Plays with blocks

- ♥ He tries out his own ideas

Creates

- ♥ She is more concerned with the doing than the finished product

Plays "house"

- ♥ He role plays being Mom, Dad, or even the family pet

Does puzzles

- ♥ She problem solves and gains self confidence

Listens to stories

- ♥ He learns to love books and hears new words

Cooks

- ♥ She uses all five senses

Plays with sand or water

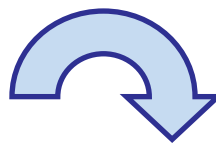
- ♥ He explores textures and discovers that running fingers through sand or water can be calming

Plays with puppets

- ♥ She uses the puppets to express her feelings and ideas

Communities for Kids is a coalition of three early childhood development initiatives. We promote optimal health and development of all children, from conception to age 6, in the South Okanagan-Similkameen. Our coalition includes *Communities for Kids*, *Success By 6*® and *Understanding the Early Years*.

COMMUNITY RECREATION CENTERS



How to Grow a Child's Brain

1. Offer learning opportunities
2. Play for fun
3. Tell lots of stories
4. Make time for creativity
5. Read, read, read
6. Enrich lives by talking, giving choices, listening to music, and getting plenty of fresh air
7. Have lots of fun and laughter
8. Carry a positive attitude
9. Share life experiences
10. Be loving and caring

From *How to Grow A Child's Brain* Workshop presented by Gary Anaka, Keremeos, October 2008

Keremeos	311- 9 St.	250-499-2400
Okanagan Falls	1141 Cedar St.	250-497-8188
Oliver	36003 – 79 St.	250-498-4985
Osoyoos	8505 -68 Ave.	250-495-6562
Penticton	325 Power St.	250-490-2426
Princeton	167 Old Hedley Rd.	250-295-7222
Summerland	13205 Kelly Ave.	250-494-0447

THE IMPORTANCE OF PLAY

Play gives children a sense of power. And for people who are being told what to do every minute of the day, having a sense of power is not only delightful, it's instructive. In free-play, children get to practice being in charge, buffered from any real-life consequences. It is through free-play that the child becomes the boss in a real or imagined world, independently navigating through the choices available to him. It is through play that a child can invent something new or solve a problem. While organized activities have their place, we must not mistake them for play. When children play, they are learning new words, how to problem solve, and how to be flexible. Most of all they are just plain having fun.

Adapted from *Einstein Never Used Flash Cards*

Visit the Canadian Council on Learning website at www.ccl-cca.ca for the following articles:

- ◆ "Let the Children Play"
- ◆ "Why Play = Learning"
- ◆ "Learning Through Play"

Sixty-two participants enjoyed the very successful **Communities for Kids** Fourth Annual Parenting Conference recently held at the Similkameen Elementary Secondary School in Keremeos. Comments from participants included: "What an excellent day; Great conference – everything was top notch; Very much worth the time and travel; Wonderful; This is an amazing conference – all parents should do this; I will definitely come next year". Planning for the 2009 Conference will take place in the new year.

For more great information, check out our web site at

www.communitiesforkids.ca

The Understanding the Early Years initiative is funded by Human Resources and Social Development Canada. For further information, visit www.hrsdc.gc.ca.

Send comments, suggestions, ideas and questions to communitiesforkids@telus.net or call 250-496-5511.
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