

Learning Through Play

- Play is a child's **NATURAL** way of **EXPLORING** the world. It is through play that children learn about the world and people around them, and about themselves.
- Children learn by **DISCOVERY**, by trying different things. They are driven and **CURIOUS** to explore by themselves.

Benefits of play



Thabo's mom knows it's important for him to learn to play on his own so she makes sure the living room is safe and has appropriate things for Thabo to explore independently.

Lebo and her dad are doing a puzzle together. He doesn't tell her where each piece goes, but rather lets Lebo figure it out on her own, giving her some hints along the way.

What can parents/caregivers do to encourage play

- Observe & jump in if they need help
- Be creative! Try different things
- Join in sometimes, but do not take over
- Make time for free play i.e. on their own
- Encourage & praise effort