

Children's Play,
Principles and Practice
(EAE4004/C)

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Section 1

Play is a physical/mental activity which is mainly for enjoyment and amusement (Play Therapy.org.uk. 2020). Play is a range of voluntary, intrinsically motivated activities done for recreational pleasure and enjoyment. Play is commonly associated with children and juvenile level activities, but play occurs at any stage, and among other higher-functioning animals well, most notably mammals. The purpose of play may be a way of learning and self development (Play Therapy.org.uk. 2020). Play can be the purpose of building skills, resilience and self exploration of imaginations (Brown, D. 2014).

Play is an important part of a child's life. As it is essential for a child's enjoyment in their childhood. So, is social, emotional. Intellectual and physical development in their childhood (Playengland.org.uk. 2020). It gives them an opportunity to use their own creativity as well as developing own fantasies. The growth of a healthy brain can also come from play (Ginsburg, K.R. 2007). Children can practise skills that they need as they grow from just playing. The effect of playing means children need time and affection/attention from someone who can spend time playing with them (NHS. UK 2018). Play allows children to be spontaneous with their idea of play, which gives them the choice to do what they want with the idea of play, this can be seen as them expressing themselves through play. To practice their physical movement, balance and testing their limits (National Literacy Trust. 2017). Play can be a vital part of a child's life as it they can acknowledge their surroundings plus familiarize themselves with the world while exploring. While their on the journey of play at the same time they are engaged in their activity that is fun (Pathways.org. 2020).

Self directed play is play controlled by the children themselves (Gray,P. 2020). It can simply be play that children have with their own terms and create its purpose and creation, which includes them to play at their own pace with their interests and motivation to play (Kidz, K. 2018). An example of self directed play, is when children use simple toys in creative ways without an adult input. The role of self directed play is for the child to be encouraged to be independent, grow self confidence, stimulate imagination and teach problem solving to themselves (Administrator, H. 2018). The point of it is for the adults in the child's life to step back and watch the child try new things by themselves to learn new skills and abilities on their own (Childventures. 2014). The philosophy behind self directed play is about the cycle and liberation process and and an effective de-stresser (theAsianparent - Your Guide to Pregnancy, Baby & Raising Kids. 2020). To give the freedom of choice to let them express themselves through self directed play. Self directed play can teach the kids sharing, negotiation and taking turns. Which may be a form of releasing tension, frustration and express their sensations. Kids may take self directed play as being powerful feeling as they can do whatever they want (StudyMoose. 2020).

Holistic development is a learning approach that emphasizes the importance of children's physical, emotional, and psychological well-being, especially in early infancy (Foundation Education. 2018). The importance of holistic development involve developing social skills, physical skills, communicating skills, build confidence, and help their creativity (First Walkers. 2016). Locomotor play supports children's holistic development as consists of any activity which moves the body from place to place. According to Great Schools, locomotive play helps children develop basic movement abilities, including walking, running,

hopping, galloping, skipping, jumping, side-skipping and leaping. Practice with these skills facilitates the improvement of coordination essential for exercise and sports activities (Reference. 2020). It is basically a range of physical exercise testing and enhancing a child's growth and abilities. Locomotor play is essential in a baby's life as it is the walking stage, which is one of the biggest physical development milestones (Holecko, C. 2019). A way of supporting holistic development is taking the passion of child and making it an opportunity to learn (Foundation Education. 2018). With locomotor play to support holistic development you can make physical activities into games to encourage them to play.

For adults to support self directed play it is important for them to know supporting is not taking over but engaging and being present, providing opportunities for them to grow during play. It is good for adults to extend and support children's self directed play by simply communicating with them about play, appreciate their efforts of play, try adding things to play, prevent problems and make them feel comfortable in self directed play (Rymanowicz,, K. 2015). Trusting them can be one way of supporting their self directed play.

When it involves free play, the idea of selection is crucial. This does not mean that there ought to be an absence of boundaries. Needed boundaries ought to be managed taking into thought initial and foremost the importance of a child's ought to select their own play, and ensuring that this is often expedited. As a general rule, kids are extremely implied to play! They require playing around with them, and that they ought to be during a caring surrounding that permits them to explore all kinds of ideas freely, whether or not educational or social. Most aspects of physical and [psychological feature development and learning

come back through play. Given lots of time for free play, a child's approach for taking part in can grow in its complexity. This is often what we have a tendency to love regarding it! (Homan, E. 2020).

Section 2

Risk is a situation where there is a possibility of danger/getting hurt. Everyday life is filled with risks and challenges and youngsters want opportunities to develop abilities related to managing risk and creating wise judgements concerning risks from a really young age. Risky play helps to develop vital life talent learning like the power to assess and create judgement concerning risk (Early Learning Services. 2016). It can be said that if you stop youngsters from risk taking, you may be taking a risk of your own about your child. Children extremely grow and learn after they have the permission and opportunities they have to require risks: to climb high or to ride a bike down a hill as quick as they want. It is normal for parents to require children to stay safe from damage, the prospect of getting hurt can be worth it, in exchange for physical and emotional confidence. Analysis suggest that the nice majority of injuries youngsters get throughout risks out of doors play square measure minor and need very little or no medical treatment (Holecko, C. 2019). Risky play is thrilling and exciting play wherever youngsters check their boundaries and think of uncertainty. Rather, youngsters ought to be the mental and physical house to work out acceptable risk levels for themselves (The Conversation. 2020). The danger of play involves the youngsters experimenting and pushing themselves to work out what's going to happen, while not knowing the precise outcome. If youngsters do not go away enough with their play, it can be seen as boring and if they are going too way, it gets too scary. The hazards of play in time of life will facilitate

develop a child's certainty, resilience, government functioning skills and even risk-management skills (Toole, B. 2019), which are the benefits of risky play.

Managing risk in play and learning environments may be a complicated task. Risk is a vital part of a balanced childhood. Thus however parents will always tend to place a number of that danger associated degree excitement back to the lives of children. The solution is piecemeal and in an age-appropriate method. Encourage kids to poke around beneath hedges, and allow the primary-age kids to go away from the parents sight. Unattended time, even simple within the garden, may result in additional cuts and scrapes or fights between siblings, owner it is what several people did as kids and it teaches them a way to build risk-related choices for themselves (Blincoe, K. 2015). Balancing risk is not concerning eliminating risk, it is concerning managing it. Which means taking steps to minimise dangers, while not losing what is worthy - like the prospect to play and opportunities for growth and learning. Some part of risk is inevitable. After all, if there have been no risk in life, there would be no insurance firms. Then wherever would we tend to all be? (White, P. 2004). Ways to balance exposing children to risk could be exposing them to a controlled risk, preparing them for risks, instead of entirely preventing risk and trying to maintain a “free range” parenting mindset (McKay, B. 2017). Hence at the guts of managing risk may be leveling act between opportunities for learning and play, and safety - or to place it otherwise between risks and edges. The requirements for a balanced approach is all the more vital thanks to wider changes in children's everyday lives. Giving youngsters managed opportunities to require risks compensates for this loss of freedom (Outdoorclassroomday.org.uk. 2020).

Risk assessments have the aim of guaranteeing that that geographic point could be a safe place through a method of checks and balances. A risk assessment can bring a light-weight all hazards by implementing management measures (Delta-net.com. 2020). A child's risk assessment is to identify and handle potential hazards and risks in a nursery setting. It is necessary that health and safety for kids is secured through a risk assessment (Learning, E. 2020). The purpose of risk assessment for children is to see the degree to which a baby or youth is probably going to suffer mistreatment within the immediate future. This tool can offer a structure for assessing current and future damage to the kid (Safety, S. 2020).

Section 3

Observation is the process or action of monitoring something closely. An example of observation of children is when health visitors come check on children 0-2 years to check their progress. The acronym for observation could be Objective, Build, Strengthen, Engage, Reflect, Verify, Aware, Tweak, Inform, Ongoing and Notes (Better Kid Care (Penn State Extension). 2020). Observation within the early years are a strong tool to assist you perceive a baby and their learning journey (Famly. 2020).

Observations can help build judgment of kids. Observing kids in your care will assist you to higher perceive the strengths and weaknesses of every individual child. Your observations will then guide your programming and assist you create changes to your care setting to enhance a child's behaviour and facilitate learning. Regular observations and careful analysis of kid's behaviour and temperament traits also can assist you build a stronger relationship with the child and connect with them during a lot of important approach (HiMama Blog -

Resources for Daycare Centers. 2016). Using observation for associate degree objective read of a toddler. Child observation is that the technique of looking, listening, asking queries, documenting, and analysing the determined words and actions of youngsters as they move with their surroundings and people. Correct observation in service is crucial in serving to educators and fogeys adess wants to childhood development (SafetyCulture. 2020). When observing a child, it is vital to be willing to merely sit and appearance ad listen. Youngsters show however they feel by the method they're doing things further as by what they are doing. They convey through their voices, postures, gestures, mannerisms, and facial expressions. When observant youngsters, it is necessary to record everything potential, to be unassertive, and to not act with the kid any longer than usual in order that matters is as "normal" as potential (Ldonline.org. 2020). Observation can be key to understanding young kids as learners and a significant tool to find out additional regarding them as people. It is associate in nursing integral a part of the assessment and coming up with cycle and a firm basis reflection (Drake, J. 2006). A simple observation could just be at home parents or carers observing the child.

Holistic approach to a kid development seeks to at the same time address the physical, emotion, relationa, intellectual, and religious aspects of a child's life. The importance of the holistic approach is that it youngsters learn various things at totally different stages, e.g. walking, talking, fine motor skills etc (UKEssays.com. 2020). Narrative observations supply a lot of holistic image of kid learning at the time of observation and might offer the practitioner helpful information regarding what is fascinating and motivating the child (Drake, J. 2006). One of the biggest advantages of holistic approach is not only about mental development, however it encompasses psychological, social and emotional growth. A holistic approach motivates youngsters to find out a few

subjects. It instills curiosity and permits youngsters to find out naturally and creatively (Base, S. 2020). Holistic development approaches to teaching and learning acknowledge the connectedness of mind, body and spirit. Observing holistic view on children's learning may be seen as integrated and interconnected, though an instructor might set up or assess with a spotlight on specific outcome of element of learning. Also focuses on the connections to the natural world (Talentededucation.eu. 2020).

Section 4

Observation of children's play offers the observer a group of vital data. It provides data regarding the learner in respect of them as individual. Observation kind a vicinity of the EYFS (Early Years Foundation Stage) assessment and coming up with cycle. They are a good tool to use as a basis for reflection once operating in an exceedingly child care setting observant children play becomes a part of the practitioners responsibility. It is all the way down to leaders and managers to confirm practitioners square measure assured in winding up observation and perceive the aim of them. There are many reasons why we are influenced to observe children's play: to find out a lot of regarding the kid or cluster of kids, to evaluate the supply, observe and monitor practitioner supply, to figure out however youngsters reply to bound activities, to find out the children's skills area unit developing, observe the interactions between adults and youngsters, observe the child's language development, evaluate the effectiveness of the rooms routine, observe the child's patterns of behaviour and to figure out the children's patterns of friendships (Early Years Careers.com. 2020). Observing when children are playing is a technique as you see them enjoy something they want to do and learn about them and can build a

connection with them. Educators and family members ought to observe youngsters at play as a result of it will assist you higher perceive the strength and wishes of every individual kid. We have a tendency to unconsciously and consciously observe our surroundings on a daily basis; the individual around U.S.A, our own actions and also the setting have a tendency to area unit enclosed by. Observation permits American state to know what a baby is curious about the way they are presently learning. To use understanding to ascertain wherever you will give higher support in terms of the child's learning and development. Several educators try to use the development to document and observe children's interactions, activity and rising skills so as to line goals and set up a syllabus within the schoolroom. As skills area unit maturing, tiem for life educators, as well as myself, observe to individualize and support talent development (Louis, A. 2018). Observing children's play offers a vital men during which adults will monitor and assess children's progress. Logging youngsters use of a specific activity or play state of affairs helps practitioner monitor however children use their time, their specific interests and any gaps in their experiences, in order that practitioners will set up a balanced information that takes note of children's strengths and interests and desires (OpenLearn. 2020).

With reflection, play results in the event of thinking inclinations and promotes deep learning and understanding. The 21st century world demands that kids learn the way to find out by turning out by turning into reflective, automatic inquirers capable of metacognition. Observing aims to analyse however young minds work and the way kids conceive thinking in order that adults will higher scaffold their thinking to assist them perceive their world once. Once adults facilitates kids build their thinking visible to themselves, kids are probably

going to be a lot of curiosity, a lot of metacognition and to develop thinking inclinations as they notice issues and take a look at to resolve them. Adults will uncover children's thinking by participating them in reflective conversation concerning the thinking method that occurred throughout play, which can eventually evolve into sustained dialogic thinking related to high-quality teaching and learning (Taylor & Francis. 2020).

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