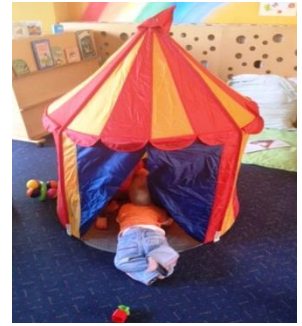


Why is play important?



- Through play, children are learning how things work, how to use their bodies, how to solve problems and how to get along with others.
- Play is an avenue through which children can express their emotions, build relationships with others, and master difficult experiences.
- Unstructured, child-centred time is vital for nurturing creativity, promoting problem-solving, developing healthy relationships, and mastering cognitive and physical skills.
- Offering the opportunity for parent-child play is an ideal way to support and strengthen those relationships, and may be particularly important when the relationship is strained or troubled.
- Children learn through play that their trusted caregivers that they are loved and important. These social and emotional skills build the self-confidence and self-esteem that lead to competent, enthusiastic learners. *Stephanie Powers, Editor, Zero to Three*

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