

Playful Parenting

Nurturing Connection and Development Through Play

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INTRO

- “ **Playful Parenting: Nurturing Connection and Development Through Play**” is a 12-month program designed for new parents or parents of children between the ages of 0-2. The purpose of this parent education program is to provide information about play and its importance to a child’s development, focusing on the first two years. The findings of a study conducted in recent years demonstrated that parents have a difficult time seeing value in free play or unstructured activities (Dhas et al. 2022). Building upon this research, our program allows parents to learn about what milestones their children are expected to reach and how play can be used as a developmental tool to assist them in reaching their milestones. The program offers interactive workshops, presentations, and speakers that will help build a foundation for understanding how to use play to reinforce development as well as how to use play as a medium for interacting with your child at various stages of development. Participants will be able to interact with their child through play and articulate the importance of play in a child’s development.

Audience

Our target audience consists of new parents and/or parents that have children between the ages of 0-2, that need/want to learn about the role of play in development and connection within the first two years of life. The demographic is broad, allowing parents from a variety of backgrounds to develop a more in-depth understanding of their child's development during the early years and how to foster development through the utilization of play.

Design

- WOLFE, WALLACE, BIAS,
ARREDONDO, ARMIJO



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Educational Topics

1. What is play/ types of play :

- Define play and what it looks like for children 0-2
- Explore common types of play and what each encases (wordplay, visual play, musical play, physical play, ect.)

2. Importance of play

- Discuss the role of play in child's development and the benefits the derive from consistent play as well as the effects of play deprivation
- The role of play in developing and enhancing parent-child relationships

3. Play in development milestones (what each happens in each milestone and how to play) :

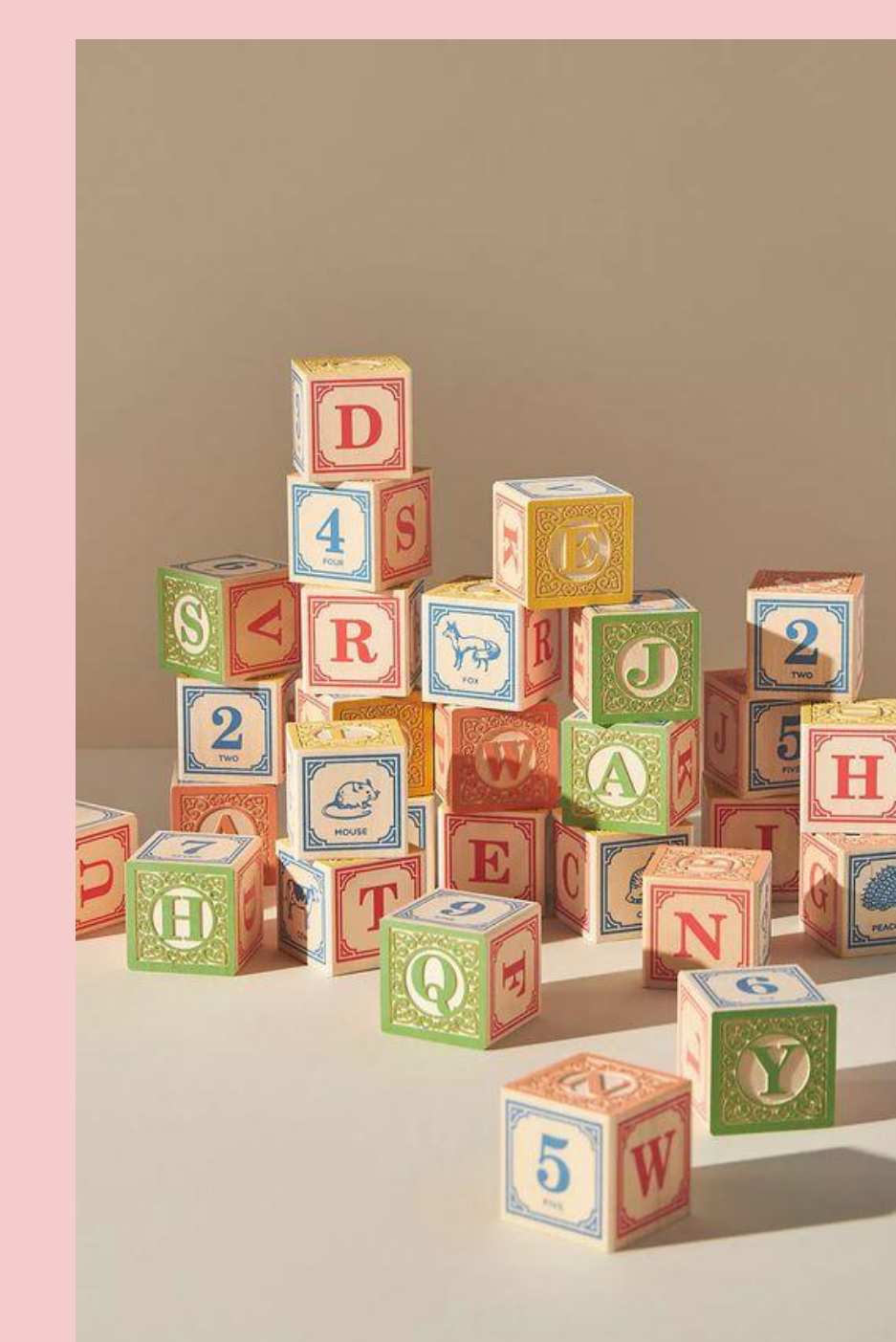
- Discuss the stages of development between the ages of 0-2 and the expected developmental milestones in the cognitive, motor, socioemotional, and language development
- Provide examples of what types of play is appropriate for various stages of development

4. Play as a developmental tool areas and how to improve each through play:

- Explore how parents can create play opportunities to support and help children reach and exceed developmental milestones
- Discuss how play can enhance development in the cognitive, motor, socioemotional, and language areas

5. Play materials :

- Guidance involving what toys and play materials to use that are the most influential regarding the various developmental areas
- Strategies for determining how to use various materials/ toys as tools to best support development



Program Design

- Our program will be comprised of a series of interactive workshops and presentations that encompass the importance of play. The group will host two sessions a month, during the first session topics will be introduced and a demonstration will be given, during the second session questions will be answered regarding the integration of the material from the previous session. There will be opportunities for parents to ask questions and share their experiences and understanding of play and an ongoing discussion of ways to incorporate play into their day-to-day interactions. We will have speakers and provide access to resources to reinforce the information discussed in the sessions. Additionally, members will have access to an online platform that encases the topics and has an open discussion board for parents to interact with outside of course time.

Sources

Dhas, B. N., Chacko, S. M., David Solomon, V. S., & Sriram, V. (2022). Parents' awareness, knowledge, and experiences of play and its benefits in child development: A systematic review protocol. *PLoS one*, 17(9), e0274238. <https://doi.org/10.1371/journal.pone.0274238>

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