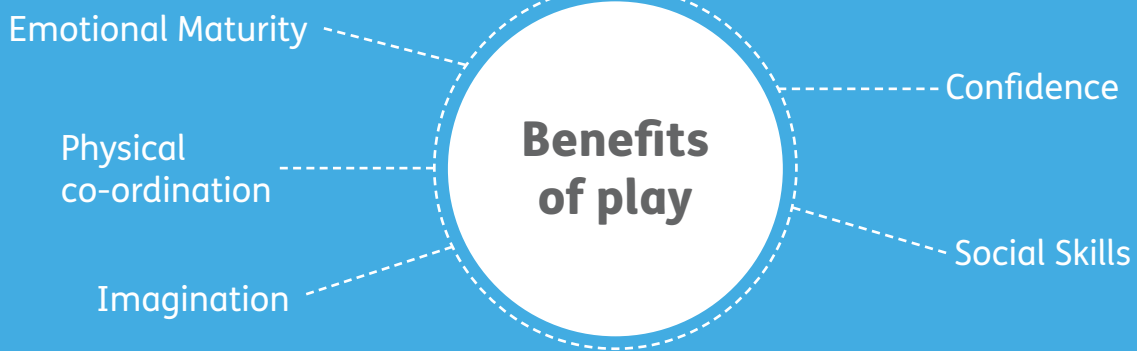




Play is a vital role in a child's development & social inclusion. Social inclusion is based on the social model of disability & involves removing barriers that prevent maximum participation in society.



Types of Play

Exploratory

Children start to explore objects and their environments from an early age. For example: they may enjoy playing with sand, water, dough, paint or glitter.

Constructive

This is when children manipulate and explore their environments. For example: they may use beads, puzzles, blocks and colour in pictures.

“Children need the freedom and time to play. Play is not a luxury, it is a necessity”

- Kay Redfield Jamison -

Imaginative

This type of play is a valuable developmental tool that allows children to develop skills they can use in later life. For example: role play, sharing, turn-taking, dressing up.

Active

Children can participate in active play indoors and outdoors, on their own or with others. For example: running, dancing, jumping, playing ball.



Tip: Always select suitable age appropriate toys for your child to avoid choking and swallowing of small pieces.