



Nurturing Children's Development Through Play

Dr. Chan Wai Lan Winnie Assistant Professor
Department of Special Education and Counselling
The Education University of Hong Kong

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Recall a recent episode that you played with your child...

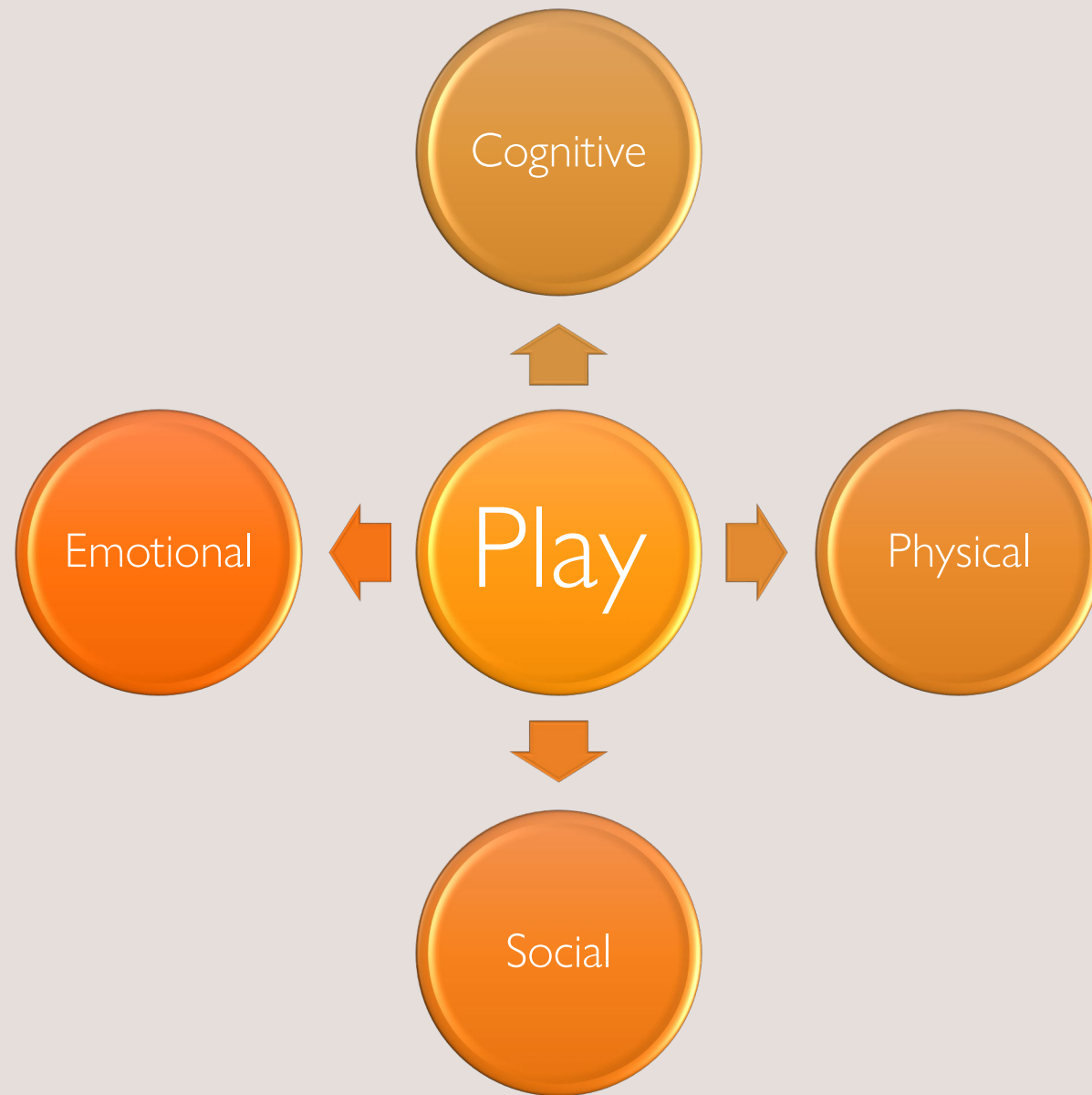


Happy
moment??



Difficulty??

Is playing important to children's
development?



According to Froebel :

- Children are born to play
- Children develop creativity through free play
- Children learn from self-directed exploration

According to Piaget, there are four stages of cognitive development:

Sensorimotor Stage	0-2 years	Explore the world through the five senses
Preoperational Stage	2-7 years	<ul style="list-style-type: none">• Use of language• Pretend play• Eager to play with others
Concrete Operational Stage	7-11 years	<ul style="list-style-type: none">• Logical reasoning• Prefer games with rules• Develop relationships through play
Formal Operational Stage	11 years or above	<ul style="list-style-type: none">• Abstract reasoning• Prefer more complicated games

Through playing, children can...

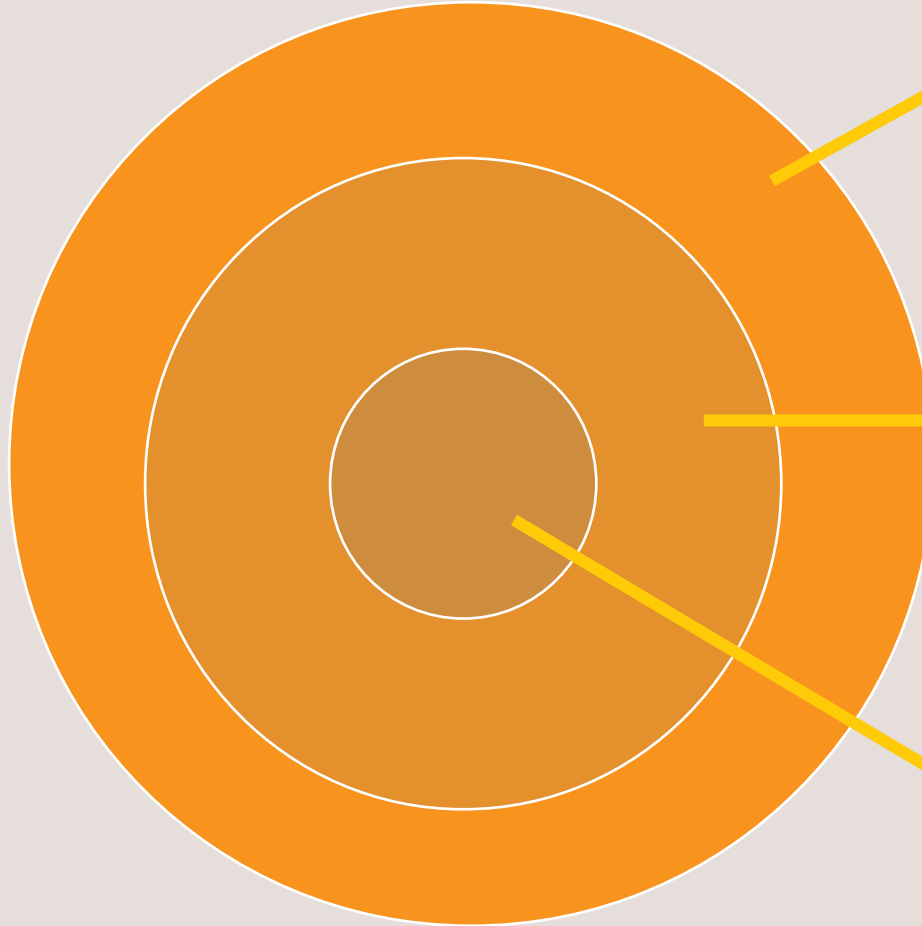
- Understand their own emotions and express them appropriately
- Learn self-regulation
- Develop positive behaviours (e.g., sharing, forgiving, appreciating, helping)
- Develop a sense of achievement
- Develop relationships

Parents' Roles?

- Instruct
- Help
- Encourage
- Observe
- Control
- Accompany

Vygotsky

Parents can enhance children's learning by providing appropriate help.



Children cannot complete the task even if they receive help

Children can complete the task if they receive help.
(Zone of Proximal Development)

Children can complete the task on their own



Help or Not Help ?

If children can focus on the task and try to complete it on their own, parents can just sit back and let the children take the lead.

Too much guidance will hamper children's development of self-regulation.

Obradović, Sulik, & Shaffer, 2021

Erikson's Theory

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0-1 year	Develop trust in caretakers	Lack of a sense of security / trust
1-3 years	Autonomous	Lack of confidence, refuse to try
3-6 years	Initiate to complete the task	Doubtful about one's own ability
7-11 years	Confident of one's ability and willing to work hard to complete the task	Low self-esteem
12-18 years	Establish one's role and identity in a group	Confused about one's role and identity in a group
19-29 years	Establish intimate relationship	Loneliness
30-64 years	Satisfied with one's contributions in the family and society	Sense of hopelessness
65 years and beyond	Satisfied with one's life	Regretful about one's life

Preschool Stage (3-6 years)

- Characteristics
 - Love talking and asking questions
 - Curious
 - Eager to show off one's ability
- What can parents do ?
 - Allow children to initiate explorative activities in daily life
 - Encourage children to explore and overcome failure
 - Develop a proactive attitude and a sense of responsibility

Primary School Stage (7-11 years)

- What can parents do ?
 - Help children to accumulate successful experiences
 - Let children know that they can succeed through working hard
 - Develop industriousness
 - Encourage children to face challenges and difficulties

Develop Relationship through playing

- According to Bowlby's attachment theory, preschool years is the critical period for developing intimate relationship and a sense of security.
- Children develop a sense of security when their parents respond to their needs in a timely manner. This helps children's socioemotional development.

TIP 1

- No electronic devices
- Focus on playing with children for 5 minutes

TIP 2

- Provide 2 to 3 types of games for children to choose
- Games that allow creativity (e.g., blocks)
 - Interactive games

TIP 3

- Children take the lead, parents avoid too much guidance
- Parents immerse themselves in games and enter their children's world.

TIP 4

- Imitate children's good behaviors
 - Describe children's behaviors
 - Reflect what children say
- Help children focus on the task
- Let children know that parents pay attention to them
- Enhance language development

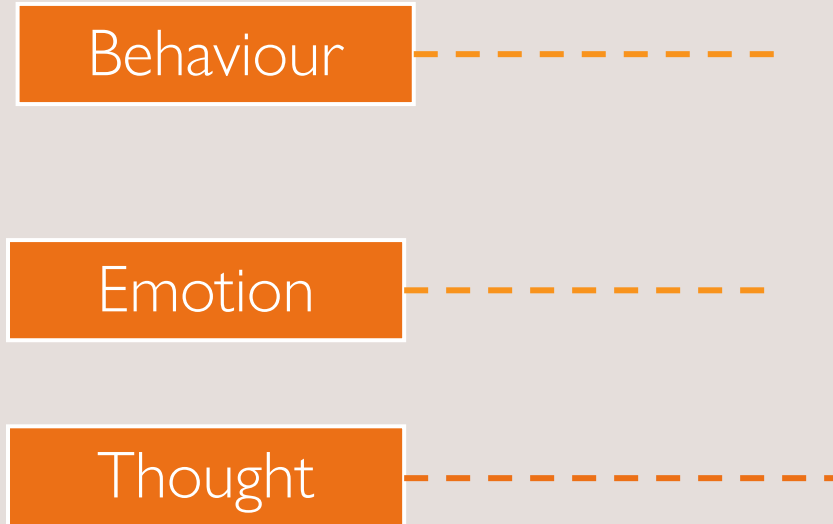
TIP 5

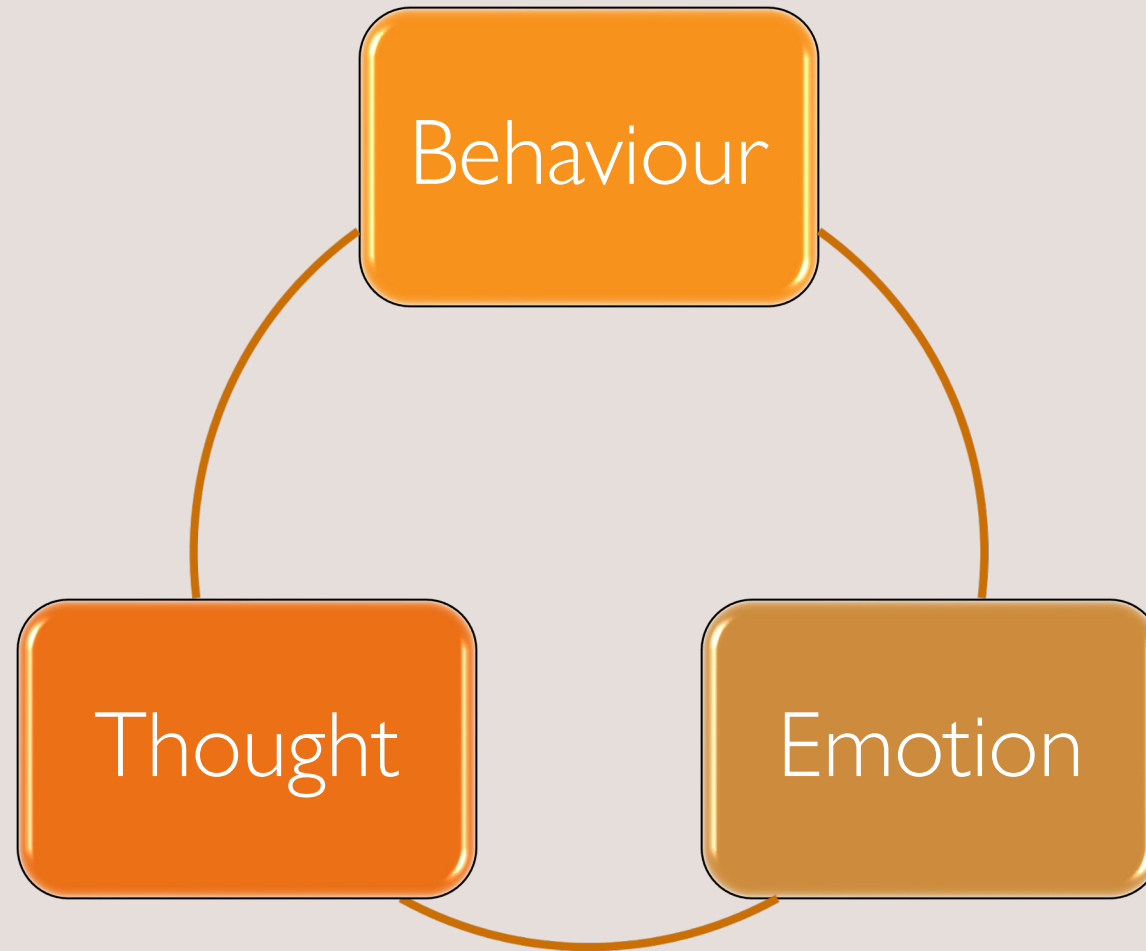
- Concrete and timely praise
I appreciate you because.....

TIP 6

- If children show inappropriate behaviours during play, parents should correct them immediately.
- Parents can continue playing with children when children calm down and behave appropriately.

Children's Behavioural Problems





3 Steps

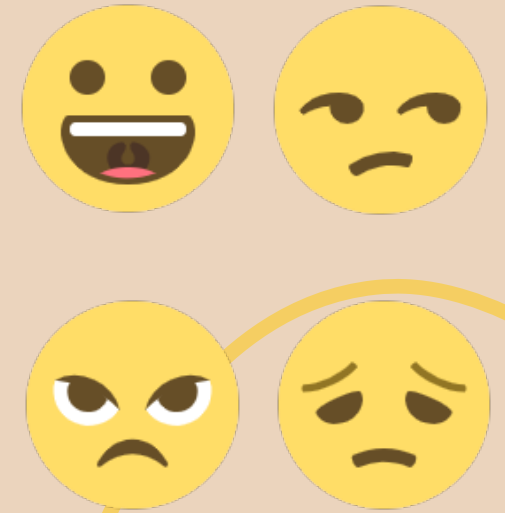
Behaviour	Thought	Emotion



Role Play

How to deal with children's behavioural problems?

- Pay attention to children's verbal and nonverbal expressions
- Use “3 Steps” to understand the underlying thought and emotion
- Verbalize children's emotion
- Accept children's emotion
- Help children to express their emotion in an appropriate way
- When children calm down, help them to gain insights into their thought underlying their emotion
- Let children feel being understood
- Explore with children a more effective way to interpret the situation and express their emotion



Questions??

- Can parents express their emotions to children ?
- Children are afraid of failure. What can parents do during play ?
- How can parents help their children develop positive behaviours (e.g., sharing, forgiving) ?



Case Study

Summary

- Games help with socioemotional development and establishment of positive behaviours in young children.
- Tips for Parents
 - Pay attention to children's verbal and nonverbal expressions
 - Respond to children's needs in a timely manner
 - Accept children's emotion and behaviour
 - Explore with children their emotion and behaviour
 - Appreciate positive behaviours
 - Parents as a role model

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Thank you !