



Radio Stations : **All Community Radio Stations**
Subject : **Early Childhood Development**
Audience : **Parents, caregivers and educators**
Program Topic : **Simple Techniques for Playtime (LOVE)**

Guidelines to the presenter

- Presenter – please familiarize yourself with the brief and the use the facts effectively by referring to them from time to time during the show.
- You should be seen as a peer rather than an authority.
- Offer guidance or opinion rather than telling people what to do.
- Encourage people to seek further information
- Always keep the objectives and outcomes in mind and drive these.

Topic:

Simple techniques for playtime

Objectives

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- Introduce parents and caregivers to techniques to use during playtime
- Share examples of these techniques with parents and caregivers

Introduction

On this show, we celebrate the fact that you are the most important person in your child' life. You have the power to give your child the best possible start in life and it doesn't have to cost you a cent.

Last week we spoke about the importance of play for our child’s development. This week we will focus on how as a parent we can support our toddler’s development through play. In other words, how can we ensure that our children are actually learning through play and becoming smarter all the time. Today’s show will share some techniques with you.

Questions	Facts/Information
<p>1. <i>Firstly let’s understand how babies learn?</i></p>	<p><i>Babies learn largely through their senses:</i> Their eyes, ears, nose, hands, and mouth are their tools. As babies grow, they learn to use their bodies to make discoveries. They begin to reach and grasp (watch out for long hair), which allow them to explore toys in new ways. At around 9 months, babies are getting better at understanding cause and effect: “I push the button to make the music play.” They are also starting to understand that the things they can’t see still exist. This means a child will look for the ball that rolled behind the couch and call for you when you leave the room. As babies approach their first birthday, they will be good communicators, using their gestures, facial expressions, sounds, and maybe even some “words” (such as “duh” for “dog”).</p>

<p>2. <i>Can you describe an example of this learning?</i></p>	<p>Marsha is playing with 4-month-old, Jared, who loves his rattle. "Let's watch it fly," Marsha suggests. She moves the rattle through the air so Jared can see it. Jared's little arms and legs go swing around madly to try and grab it! When Marsha hands the toy to Jared, he grabs it and begins to chew. Jared then shakes the rattle and smiles at the soft, tinkling noise. Soon, Jared gets tired and turns his head away. Marsha takes the rattle and continues to shake it in front of Jared's face. Jared closes his eyes and begins to cry. "Okay, I get it. Time for a break," says Marsha. She picks up Jared and cuddles him.</p>
<p>3. <i>What are the caregiver and child learning in this play time?</i></p>	<p>During this playtime with his caregiver, Marsha, Jared learns about:</p> <ul style="list-style-type: none">• Sounds of words and the rhythm of language as Marsha talks with him.• Communication as he and Marsha engage in a back-and-forth "conversation."• His own self-worth as he sees the pleasure his caregiver gets from playing with him.• Imitation and cause and effect when he shakes the rattle like Marsha does and hears the noise.

4. *What can you as a caregiver do to stimulate a young baby?*

- **Hand–eye coordination** as he reaches and grasps the rattle.
- **Objects** when he hears the rattle’s sounds, sees its colors, feels its texture, and even smells and tastes it.

Back and Forth. Make sounds and talk to the babies in your care. Imitate their sounds and wait for their response. Encourage them to copy you, too. Show them how to push the button to the toy dog bark or how they can turn the pages of a book.

Peek-a-Boo. Try hiding behind your hands, a diaper, or a onesie as you dress a baby. Early on, he may show his pleasure simply by watching closely. Then he may smile, kick, and make sounds. By 9 months, he may pull your hands away to “find” you.

Sing and Dance. Listen to different kinds of music and dance in different ways to see what your babies like best. Ask the children’s parents what music they enjoy and if there are special songs from their family or culture they’d like to share.

Play Ball. Offer a ball with different colors and textures. Let babies explore it with all of their senses. Eventually they will learn to roll it, drop it in a box, and take it out again.

<p>5. <i>How does play start to change as the baby grows?</i></p>	<p>From when the baby turns one until two years old, possibilities for play grow by leaps and bounds for your young toddler. She learns to communicate better with gestures, sounds, and words. She also learns to stand on two feet and walk forward and backward—even run, jump, and climb. She’s able to use her fingers and hands to play with and explore objects in more complex ways. Children now have preferences for how they like to explore. Some like lots of action. Others prefer more calm, quiet play. Watch and you will see the activities your child enjoys.</p> <p>Toddlers are also entering the world of make believe. They go from imitating what they see in “real life” to using their imagination. Whether in the sandbox, in the bath, or on the kitchen floor, children use their bodies and minds to learn how this big, exciting, complicated, and wonderful world works.</p>
<p>6. <i>Can you describe an example of play at this age?</i></p>	<p>Kira, 20 months, is busy with her shape sorter. When her dad, Marcus, sees that she is starting to get frustrated, he gives a little help by putting his hand on hers. “Let’s turn the yellow square this way.” In it goes. “Yea!” says Kira as she claps her hands,</p>

<p>7. <i>What is the girl learning about as she plays with her dad?</i></p>	<p>pleased with her accomplishment. Marcus encourages her: “One blue circle and one green triangle to go.” Kira picks up a square, shows it to her dad, and says, “Boo.” Marcus agrees, “Yes, that’s the blue circle.” Kira successfully drops it in. “Good job,” says Marcus, “How about a triangle?” But Kira is ready for something new. She gets a book. “Okay, let’s read about animals,” says Marcus. Kira cuddles up with her dad and opens the book</p> <p>As Kira and her dad play, she is learning about:</p> <ul style="list-style-type: none">• Colors, numbers, and shapes as dad names them.• Communication and new words as she and dad talk together while playing.• Hand–eye coordination and problem solving as she learns where the shapes fit.• Self-confidence as she masters a new skill.• Building close relationships as she experiences the pleasure of sharing her discoveries with her dad.
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<p>8. <i>What You Can do to support this development at this age?</i></p>	<p>Running, Climbing, and Action Games. Games like “Ring Around the Rosie” and “London Bridge” encourage children to move, sing, listen, and take turns. On a rainy day, try creating an obstacle course indoors. On a sunny day, head to the park.</p> <p>Let’s Do It Again . . . and Again . . . and Again. Repetition helps toddlers learn how things work. They might fill and dump a pail over and over to learn about full/empty and in/out. This repetition helps them master new skills, which boosts their self-confidence.</p> <p>Name That Tune. Toddlers will enjoy singing songs and having you read books with rhyming words. See if toddlers know the next word in the song by pausing before you sing it. Dance to the music so children can experience the joy of movement.</p> <p>Busy Hands. Young toddlers love to make things work. They use their hands and fingers for pushing buttons, opening boxes, and turning pages. Many children also like to finger paint, color, play with play dough, or squeeze water out of a sponge.</p>
<p>9. <i>Once children turn three who do they start to develop?</i></p>	<p>Older toddlers, with their physical abilities, problem-solving skills, and love of language, are eager for playmates. Months earlier,</p>

<p><i>10. What are some of the things you can do as a parent to support this?</i></p>	<p>they may have watched others playing, or even played side by side with another child. Now, they are beginning to play together... sometimes even without fighting! Your toddler will develop social skills with time, practice, and your guidance.</p> <p>During this third year, toddlers are able to use their imaginations in their play. A toy broom is not just for sweeping. It becomes a dance partner or a cowboy's horse. As toddlers approach 3, they play more with peers, making up stories and "rules" for their games. Pretend play also helps them work through difficult experiences, like saying good-bye to a parent at child care.</p> <p>Family and Friends. Invite a friend over to play. Visit the neighborhood park or a cousin's home. These are great opportunities to help children learn to share and resolve conflicts. Toddlers learn new skills by watching other children, too.</p> <p>Say It With Music. "Freeze" and "Hokey-Pokey" are fun musical games. They offer opportunities to listen and follow directions, while teaching about words and sounds. They also allow children to exercise their bodies. Toy instruments add to the fun.</p>
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<p><i>11. What other things are important?</i></p>	<p>Quiet Play. A child’s play doesn’t always have to be full of action. Looking at books, listening to stories, and drawing pictures all build children’s imagination and language skills. Many children also enjoy playing with sand, mud, or dough.</p> <p>Act It Out. Encourage fantasy play by providing dress-up clothes and other props. Use items such as hats, scarves, backpacks, bowls and containers, music makers, and more. Join in—as you play, help children expand and build on their ideas.</p> <p>It is important to Introduce Organization - nurture your child's helpful spirit by promoting organization in your home. Parents should embrace this quality even though it may slow down activities and chores. It helps children understand that things belong to different groups/ categories and this will help with later learning at school. You can also label boxes and shelves and as you put things in their labeled places, turn the process into a guessing game.</p> <p>Ask kids where certain items belong ("Where do your toys go? Where should your shoes be stored?") or place forks in a sock drawer or a toy in the refrigerator and</p>
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12. Can you give us some other examples of fun activities that you could do with your young children that also enhance their development?

challenge toddlers to fix your "mistakes." Also important sometimes to let you **toddler be the boss (sometimes)**. Build confidence by giving your toddler a choice between two items whenever possible: for example different-colored bowls at mealtime, for instance. He'll learn that his decisions count -- and get practice naming his colors.

There are endless numbers of fun activities to do with your child that enhance their development. Here are just a few:

Arrange a Hunt to find something -

Children are natural investigators and they love to explore. Hunts can be created beforehand or invented on the spot. At the supermarket, search for foods that are one specific color (like purple) or look for objects of one shape (like a circle) around the house. If your child needs assistance, gather three objects for her to choose from while asking, "Which object is red? Which object is a circle?" You CAN ask her to search the bookshelves for a specific letter, word, or number. You can also pretend you can't find the orange juice bottle or a pair of socks. Send your child on a fun mission to locate the items in the house.

Be a tour guide – when walking/ driving through your neighbourhood, point out the supermarket, fire station, petrol station, and other places of interest. As you pass each place, discuss the details of these neighborhood places –like who works there, the purpose of your visit, and what items you find inside. Later at home you can draw or print pictures of these places.

Play in the rain. Jump in puddles. Sit in wet grass together. It's a fun, albeit messy, way of learning about wet and dry.

Dress up. Let your toddler play with some of Dad's old shirts. Dig out old winter hats, scarves, or orphaned gloves. Put yourselves in pretend situations, and see where his creativity and imagination take you.

Put your kid to work. Little tots can help sort laundry into darks and whites. Your child may even be able to pick out which clothes belong to her. She will have chance to learn about organization, colours and big and small.

Talk feelings through. Cuddle up at bedtime, and ask your child what made him happy or sad that day. What made him angry -- or proud? You'll help him recall the day, understand the past tense, and label his emotions.

Learning outcomes

After listening to this show the audience should:

- Understand the techniques and what they are called
- Be aware that the simple things we do with or children anyway, are often educational.