

Play



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Play

Introduction

Play is children's work. Children work hard at their play because they can make it up themselves. The best part about children's play is that they learn a great deal while having fun. Through play a child grows, Learns, develops and matures.

Definition of Play

Play is the work of children. It consists of those activities performed for self-amusement that have behavioral, social, and psychomotor rewards. it is enjoyable and spontaneous.

Functions of play

1. Physical development

- Play aids in developing both fine and gross motor skills.
- Encourages exploration of the physical nature of the world
- Enhances development of all senses

Children repeat certain body movements purely for pleasure, and these movements develop body control.

2. Emotional development

- Children who are anxious may be helped by role playing. Role playing is a way of coping with emotional conflict.
- Children may escape through play into a fantasy world in order to make sense out of the real one.
- A child's self-awareness deepens as he explores an event through role-playing or symbolic play.
- The child's self-esteem gets a boost.

3. Cognitive development

- Children gain knowledge, abilities to think, remember, and solve problems through their play.
- They develop cognitively as they have a chance to test their beliefs about the world.
- Children also increase their understanding of size, shape, and texture through play.
- Language is strengthened as the children model others and organize their thoughts to communicate.
- Children increase their problem-solving abilities through games and puzzles.

4. Social and moral development

- Play encourages interaction and development of positive attitudes toward others.
- Reinforces moral standards
- As children grow, they enjoy playful interaction with other children.
- Children learn about boundaries, teamwork, and competition.
- Children also learn to negotiate with different personalities and the feelings associated with winning and losing.
- They learn to share, wait, and be patient.
- The child learns how to be kind and charitable to others.
- When children engage in play with their peers and families, they begin to learn some behaviors are acceptable while others are unacceptable

5. Creativity value

- Provide opportunity for creative ideas and interests
- Allow for fantasy and imagination

6. Self awareness value

- Facilitates the development of self identity
- Provides for comparison of own behavior affects others

7. Therapeutic value

- Provides for release from tension and stress
- Facilitates nonverbal and indirect verbal communication of needs, fear, and desires

Types of play

1. Solitary

During infancy period, each infant likes to play with himself and his body. The main purpose of play during infancy period is to gain pleasure and to satisfy sensor-motor needs.



2. Parallel

During the toddler years, the toddlers children play beside each other and each child is concerned with his toy until he loses interests and then look for something else.

3. Dramatic

Is common during the preschool years. Girls usually imitate their mothers and boys imitate their fathers. They imitate social life and learn social role.



4. Cooperative

Is common during the school years. Children usually during this age like to play in groups and like to share their games with each other.



5. Day dreaming

Is common during the adolescence years. Children like to play competitive games as well as abstract problem solving kind of games.

What makes good play things?

- Simplicity of design
- Involve child in play
- Easy in use
- Easily comprehended & manipulated

- Encourage cooperative play
- Material that is warm and pleasant to touch
- Durable
- Work as intended
- Safe
- Generous in proportion and quantity
- Price based on durability, suitable and design

Importance of play during hospitalization

Play is very important for well and sick children, children during hospitalization usually have unpleasant experience and they need something to make them feel better and happy.

Playing in the hospital will help the children to :-

- Express this feeling and tension
- Understand hospital procedures
- Accept treatment and be cooperative
- Be sociable and have friends from other units in the hospital.