

# Problem:

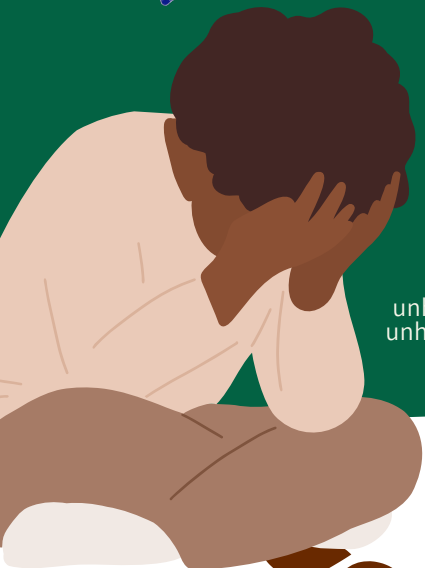
Many vulnerable children in South Africa in residential care ...with little resources...

Predicts negative child developmental outcomes

SO...  **High NEED**

low cost evidence based intervention...

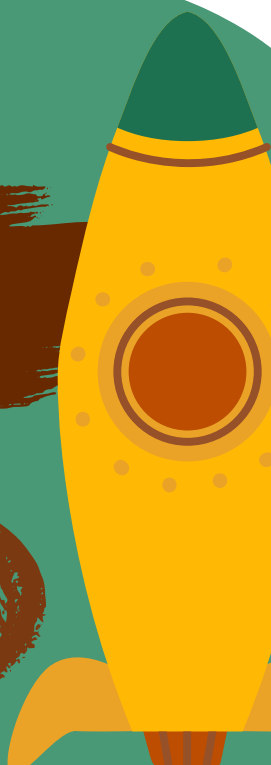
unhappy unhealthy



# Solution:

# ...daily play

Special attention needed with 10 yr old males in terms of peer relationships and self-regulation!



**osterland**  
child and youth care centre

 **Kinderroord MTR SMIT**  
Children's Haven



UNIVERSITEIT VAN PRETORIA  
UNIVERSITY OF PRETORIA  
YUNIBESITHI YA PRETORIA



 **terre des hommes**  
Help for Children in Need

Global south transdisciplinary knowledge generation on high-risk, high need, adaptation and high performance

# EVIDENCE: VALUE OF DAILY PLAY FOR DEVELOPMENTAL OUTCOMES:

## WHY DAILY PLAY?

...WITH INTENTIONAL PLAY

- Positive height and weight

- Prosocial, belief in social competence
- Robust sense of belonging
- Belief in social support
- Balance - dependence and independence

- HIGH RESILIENCE
- Belief in emotional competence
- Agency for growth
- Problem-solving
- Hope

- Higher academic outcomes
- Belief in academic competence

HEALTH



SOCIAL



SELF/  
PERSONAL



EDUCATION



- Unhealthy weight

- Peer problems

- Emotional problems
- Hyperactivity
- Low stress management

- Decreasing belief in academic outcomes

...WITHOUT INTENTIONAL PLAY

**On policy level:**

**Make decisions to resource quality in everyday play.**

### STAFF EMPLOYMENT

- Appoint a Play Coordinator to implement, coordinate, monitor and evaluate, as well as sustain daily play practices.

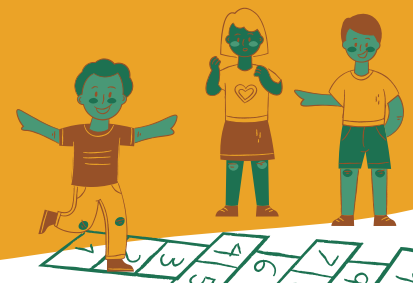
### TRAINING OF CAREGIVER STAFF

- Train caregiver staff in evidence-based programmes to use available spaces and materials

### CHAMPION AND SUPPORT THE USE OF QUALITY PLAY SPACES AND MATERIALS

- Safe
- Accessible
- Sensory integrated
- Inviting & Challenging
- Inclusive
- Supervised
- Using recycled materials

See resources on next page...





# Resources



## Why Play?

- [Learning through play \(Short Read + Play ideas\)](#).
- [The power of play \(Video\)](#).

## Inviting & Challenging activity ideas

- [Inviting & challenging play ideas](#)
- [UNICEF Play ideas](#)
- [Creative play ideas](#)
- [More play ideas](#)

## Resources for early learning

- [Play ideas for educators](#)
- [Activity guides](#)

## Using recycled materials for play

- [Make-your-own toys ideas](#)
- [Recycled fun ideas](#)
- [Do-it-yourself ideas](#)

## Sensory integrated play

- [Sensory play ideas](#)
- [Sensory activity ideas](#)

## Learning through play

- [Review on play \(Read\)](#).
- [Research on play \(Short read\)](#).
- [UNICEF on play \(Read\)](#).

## Safe play spaces

- [Safe playground games](#)
- [Teaching playground safety ideas](#)
- [Safety tips for parents \(Short read\)](#).

## Accessible play spaces

- [Benefits of outdoor play \(Short read\)](#).
- [Accessible play spaces ideas \(Read\)](#).
- [Inclusive play guidelines \(Read\)](#).

## Training and Coordinating the appointment of play coordinators

- [Play Coordinator role description](#)

## Making toys for quality play

- [Toy ideas](#)
- [Do-it-yourself toys](#)

## Monitoring and evaluating administration resources

- [Basic principles \(Read\)](#).
- [Steps for monitoring \(Short read\)](#).

## Cognitive development in childhood and the role of play

- [Cognitive development – Preschoolers \(Short read + Play ideas\)](#).
- [Cognitive development - School age \(Short read + Play ideas\)](#).

