

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

terre des hommes
Help for Children in Need

Kinderoord MTR SMIT
Children's Haven



UNIVERSITEIT VAN PRETORIA
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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



- Unhealthy weight



- Peer problems



- Emotional problems
- Hyperactivity
- Low stress management



- Decreasing belief in academic outcomes

...without intentional play

SO WHAT DO WE DO AS... PRACTITIONERS



TRAIN STAFF ON THE VALUE OF DAILY PLAY:

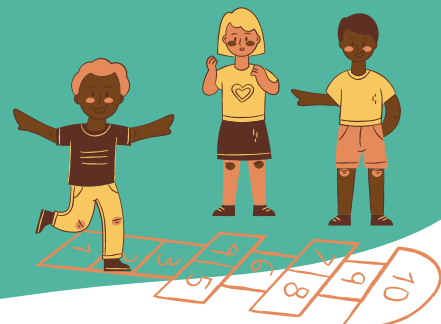
COORDINATE QUALITY PLAY:

- Appoint a Play Coordinator
- Use a timetable to regulate daily play slots
- Have weekly team meetings for monitoring and evaluation

See resources on next page....

CREATE A PLAY SPACE AND USE MATERIALS THAT ARE:

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



quality of everyday play





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).

