

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!

eosterland
child and youth care centre



Faculty of Education

Fakulteit Opvoedkunde
Lefapha la Thuto

terre des hommes
Help for Children in Need



Kinderoord
MTR SMIT
Children's Haven

Make today matter
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WA SENTHARA YA TWANTŠHO
SENTRUM VIR VEERKRAGTIGHEIDSTUDIES

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)

