

Importance of Play IN EARLY EDUCATION

At AIM Academy, we understand that play is crucial for the development of young children. During the early years, children's brains are rapidly growing and forming connections. Play is vital to shaping their cognitive, emotional, and physical abilities during this time.

Here are some of the key benefits of play in early childhood development:



1



Bigger Brain Size & Better Early Development

In studies using rats, playing leads to bigger brains. In human studies, playing enhances children's adjustment, language, and social and emotional stability by 33% to 67%.

2



Smarter, Faster Learning & Better Memory

In one study, children offered toys in infancy have higher IQ at age 3 and again at age 4.5.

3



More Creative

Free play enhances divergent thinking. Pretend play requires imagining and encourages creativity.

4



Better Communication, Vocabulary, & Language

Playing, especially pretend play, improves preschoolers' speaking and understanding.

5



Greater Impulse Control & Emotion Regulation

Self-regulation is essential for a child's academic as well as social success. Children who pretend play have better self-regulation skills.

6



Greater Social Competence, More Empathy & Happier

Play provides opportunities for children to learn social interaction. While playing together, children learn to cooperate, follow rules, develop self-control, and generally get along with other people.

7



Better Health

Physical play activities benefit physical health, motor control, strength & endurance. Effective emotion control benefits mental health.

8



Life Lesson Learning

Play is also a useful tool for children to rehearse skills and future social roles in a safe context.

9



Better Relationship

Playing is an excellent way to bond. Happy playful moments with children are some of the most precious gifts we can give our children.