



Episode 5, “The Importance of Play”

[Genius of Play website](#)

Learn more about the impact of play on child development

- [The Power of Play: How Fun and Games Help Children Thrive](#)
- [Want Resilient and Well-Adjusted Kids? Let Them Play](#)

Breakdown of the Main 6 Benefits of Play

Physical Benefits

- [Look into how play helps children develop physical skills and get some ideas of your own!](#)

Cognitive Benefits

- [Check out how play helps a child’s brain develop.](#)
 - Building Executive Function
Curious about what executive function is and how play ties into the development of it?
[Check out this infographic from Harvard’s Center of the Developing Child](#)

Social Benefits

- [See how play benefits children’s social skills!](#)

Emotional Benefits

- [Read about how play helps children process and express their emotions.](#)
- *The Five Key Components of Emotional Intelligence*
Curious to know what goes into being emotionally intelligent? [Check out this article!](#)

Creativity Benefits

- [How does play increase children’s creativity?](#)

Communication Benefits

- [Read about how play can help improve children’s communication skills.](#)
- *Key Practice: Play and Communication with Children, UNICEF*
[Read about why play and communication skills go hand in hand.](#)

Want something more specific or in-depth? Check out these resources!

- [The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bond](#) - The American Academy of Pediatrics
- [Play in Early Childhood: The Role of Play in Any Setting](#)
- Harvard University Center of the Developing Child
- [Children’s Only Profession: Playing with Toys](#) – National Library of Medicine
- [The State of Play in America: A Special Report](#)

Tips for Parents & Caregivers

- Do not worry about feeling silly or goofy when playing with your child
There is no right or wrong way to play!
- Kids pay attention in different ways, just because they don't look like they're paying attention, they are absorbing more than you think.
- Not everything needs to be structured. Let kids play in their own way.
- As long as they are not harming anyone, let the kids explore and make a mess.
- Playing outside offers better benefits than playing inside, but any play is better than no play!