

Toddlerhood



NUTRITION PROGRAM

Playful Learning – The unseen benefits

Did you know? Imaginary play and ‘talking time’ are essential to your child’s healthy development.

**2 mins
to read**

Your child's smiles, giggles, and expressions will tell you when she's having fun during playtime, and you'll enjoy those special bonding moments too. Yet playing is far more than entertainment for children. Behind every tower of blocks, every role play, and every word she hears, her life skills are developing fast.

Creative thinking, motor, and problem-solving skills are all learned through play. It's also during play that your little one will start to learn how to entertain herself. Making active play the family norm, rather than each family member being glued to a screen, is a great way to introduce healthy habits that may last a lifetime. Play also helps promote healthy growth.

Kiddie talk

One of the ways your little darling begins to learn words is by hearing the sounds you make when you talk to her. The number of words little children learn to speak is directly related to the amount of time parents spend talking to their little ones. That's why it's so important to have plenty of 'talking time', even if the conversation feels a bit one-sided! You might provide a running commentary of what you're doing ("Look, Mommy's making your dinner!") or point out things you can both see when you're outside ("Look at the black dog!").

If your child is spending this 'talking time' in front of the television, she's missing out on the chance to listen to you and the other adults in her life. Experts have found evidence that watching TV can slow down how quickly your child learns new words.

Traditional play

A recent study looked at the impact of electronic toys versus traditional toys on language development. Playing with traditional toys and reading books together was superior to playing with electronic toys in promoting rich communication between parents and their children.

Sources

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- Sosa AV. Association of the type of toy used during play with the quantity and quality of parent-infant communication. JAMA Pediatr. 2016; 170(2):132-7.

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