



ELTERN POST

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Der Kinderschutzbund
Landesverband Bayern

DISCOVERING THE WORLD THROUGH PLAY

The importance of play for child development

Dear parents, guardians and families,

Play is more than just a pastime or entertainment; it is an essential component that promotes children's physical, mental and social development. According to Article 31 of the UN Convention on the Rights of the Child, children have the right to free play.

This parenting post is therefore about the important role of play in children's development. You will also find some tips for simple games that you can easily integrate into your everyday life and try out immediately.

*Your team from the Kinderschutzbund
Landesverband Bayern*



WHAT IS PLAY ACTUALLY?

Play is an essential need for children, comparable to eating, drinking and sleeping. It enables them to gain basic experiences and understand their world. Through play, children develop cognitive skills, learn about their bodies and practice social behavior. In addition, play contributes to physical health by promoting children's physical development and encouraging the joy of movement.

Play also offers children space to express and process their feelings. They gain self-confidence and learn how to treat each other well. By playing together with others, children practise making friends, resolving conflicts and empathizing with others.

Overall, play is a natural and essential part of children's development, helping them to understand and create themselves, their environment and their relationships.





WHAT DO CHILDREN NEED TO PLAY?

Space and room to play

Children need play areas where they can develop freely.

As parents, it is important to create a child-safe environment in which children can live out their imagination.

You should give your children the freedom to explore their surroundings and realize their own play ideas. At the same time, it is important to have clear rules so that your children can play safely.

Plenty of time for free play

Free play is a form of play in which children can play independently and without predetermined rules. It allows them to live out their imagination and explore their surroundings without being guided by adults. In order for children to develop their creativity, it is important that they have enough time for free play.

Give your children space to develop their imagination and pursue their own interests by limiting organized activities. This allows them to try out new things and fully develop their creativity.

Parental support and participation

Parents' support and participation in their children's play are essential for their development. Children need space and time to play undisturbed, but also the presence and interest of their caregivers. By valuing your children's play and giving them genuine praise for their creativity and perseverance, you will provide them with additional motivation.

It is also important to provide age-appropriate stimulation so that children can occupy themselves independently. Sometimes a small impulse is enough to awaken children's creativity and inspire them to play a new game. As children get older, they often look for new challenges that will take them further. You can encourage them by occasionally suggesting special activities that develop their skills and boost their self-confidence.





Playmates

Children should have regular opportunities to play with other children. Socializing with peers is important for the development of social skills such as sharing, cooperating and conflict resolution. Younger children in particular need your help at the beginning to make and maintain friendships. This can be done by inviting other children home, visiting the playground together or attending playgroups.

Appropriate toys

Too many toys can overwhelm children. It is better to offer fewer but carefully selected toys that are safe and age-appropriate. Everyday objects are often enough to stimulate children's creativity and imagination.

It is therefore important that you observe and take into account your children's play interests. Your children should also have a choice in the selection of their toys.



OUR GAME TIPS FOR AT HOME

1. rubber band bounce

Stretch a long rubber band between two people and let a third child jump in the middle. This can also be done alone by attaching the rubber band to two chairs.





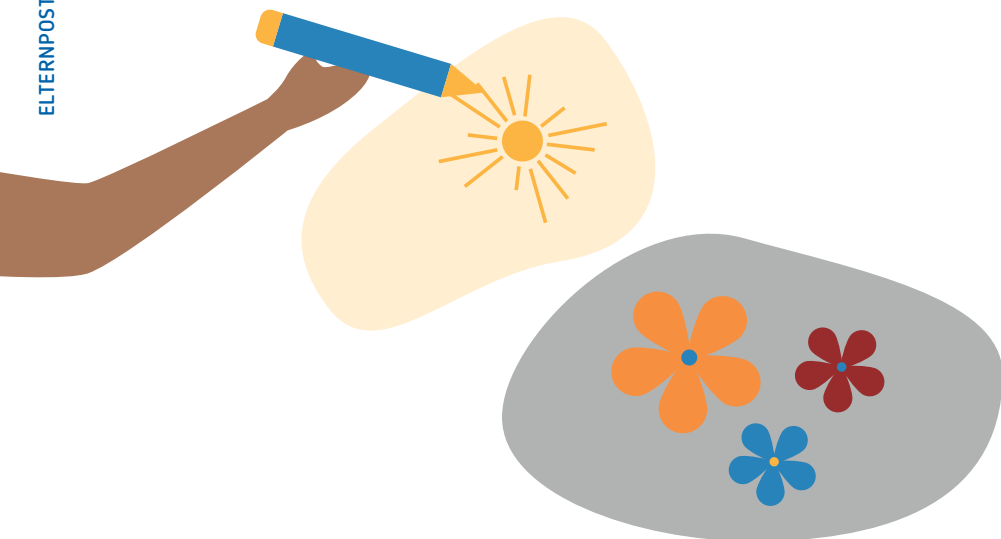
2. Make a flower chain

String flowers or flower petals and knot them into a long necklace that can be worn as a pretty piece of jewelry.



3. Painting stones

Collect stones of all shapes and sizes and paint them with colors to create small works of art or decorations for the garden or home.



4. Stop dance

Dance to the music and freeze immediately when the music suddenly stops. Anyone who moves is eliminated. The game ends when there is only one child left.



5. Building a sofa castle

Use blankets, cushions and furniture to build a castle or cave in the living room. Children can let their imagination flow and try out different ideas.



6. Guess the spices

Cover your eyes and let each other smell or taste different spices. Then you have to guess which spice it is.



7. City-Country-River

In this game, you select different categories (such as city, country or river) and then have to find terms that begin with a certain letter. The first person to fill in all the fields calls "Stop" and the round ends. Then you compare your results and award points. Then another round begins with a new letter.



We hope that these tips will help you and your children to discover the world together through play and gain valuable experience. After all, play is not just a free-time activity, but a fundamental element of children's development.



HELP OFFERS

Courses, contact points and advice centers:



- Nummer gegen Kummer Elterntelefon → [0800 111 0 550](tel:08001110550)
- Step-Beratungstelefon → [0211 81 97 10 81](tel:021181971081)
- Online-Familienberatung der Caritas
→ <https://www.caritas.de/hilfeundberatung/onlineberatung/eltern-familie/start>
- bke-Elternberatung (online)
→ <https://eltern.bke-beratung.de/views/home/index.html>
- Starke Eltern – Starke Kinder-Elternkurse
→ <https://sesk.de/kurs-suche/>
- Familienpat*innen
→ <https://www.familienpaten-bayern.de/informationen-interessierte-fampa-bayern/fuer-familien-fampa-bayern.html>



Contact

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Us on social media

-  [kinderschutzbundlvbayern6395](https://www.youtube.com/channel/UCkinderschutzbundlvbayern6395)
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