

# Raising Playful Tots #136

## What's the point of play?

### Introduction

We give our children play opportunities without knowing if they are the right things we should be focusing on.

Children and parents need to play but what is play and do I need an adjustment?

### Discussion questions

1. What is the point of play?
2. What's the level of play like in your home when you join in? Does the play stall or move forward?
3. When you feel the pressure to be playing with the children all the time what do you do?
4. Which of the five elements that make up play do you do a) the most? b) surprised you? c) would like to add more into your children's play?
5. Now you've heard the five elements of play how can you apply these to choosing a class for your under 5 child?
6. How would you notice play deprivation in a household?
7. When you talk to family and friends comparing your school settings a) how long are the breaks or recess b) how many? c) how long are they in school d) how was this decided?
8. " If she is just playing, she might be wasting precious moment when she could be learning. I don't want to hold my child back. How will I feel when all of the other kids are ahead of my child?" How do you deal with the worry and concern about doing enough or the right amount?
9. Opinion- play with a toy that has predetermined answers and responses compared to play that has no predetermined answers and responses. Are they both play?

### Family next steps

Play is a big deal in the lives of the under 5 year olds. Media and marketing impact our lives. We're still free to make choices about what our family decides we're doing in this season.

**What have you been moved to do?**

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