



Play: The Building Blocks of Development and Connection

Core Training

Course Description

Play is an important part of children and youths' development. Play builds the brain and develops relationship connections. This helps children and youth develop tools for life. This half-day workshop will explain what makes an activity "play" and will help you to:

- Support a variety of play activities.
- Understand the benefits of play for building the brain
- Understand the benefits of play for developing relationship connections
- Help meet the play needs of the children in your home
- Create fun activities for the whole family!

Learning Objectives

From this session you will be able to:

- Describe how play supports development of relationship bonds, self-regulation, and executive function
- Use play to build relationships with children/youth in your care
- Engage children/youth in activities and games that meet their unique needs
- Address challenges in play

Resources

Resource one: Activity Calendar: Play ideas for children 3-5 years old.

<http://www.albertahealthservices.ca/assets/programs/ps-7643-preschooler-activity-calendar.pdf>

Resource two: Alberta Family Wellness Initiative: A fun and educational resource for Albertans that highlights the importance of early childhood experiences. <http://www.brainstory.org/#>

Resource three: Alberta Parent Link Centres: A network of centres that provide parents and caregivers with free resources and support. <http://www.humanservices.alberta.ca/family-community/15576.html>

Resource four: Comfort, Play, Teach: Downloadable resources of activities that promote infant mental health (0 – 6 years of age). <http://www.imhpromotion.ca/Resources/Comfort-Play-Teach-CPT-ParentResources>

Resource five: First Nations, Métis and Inuit books: A source for purchasing bias-free teaching and educational resources related to Native American, First Nations, Indigenous and Aboriginal studies. <http://www.goodminds.com/>

Resource six: Gender Gear: Canadian website that not only sells equipment for transgender youth, but also has a selection of books appropriate for young children. <https://www.gendergear.ca/collections/kids-books>

Resource seven: Toy Safety: Consumer product safety education. <https://www.canada.ca/en/healthcanada/services/toy-safety/play-smart-play-safe.html>