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| **Topic: Supporting babies learning and development through play** |
| Both *Aistear* and *Síolta* highlight the important role of play in babies lives and provide ideas and suggestions to support learning and development through play. Time, resources and support from educators all help babies to maximise their fun in, and their learning and development through play.In this short CPD session, you will learn more about supporting babies learning and development through play. |
| ***Key connections**** *Aistear’s* theme of [Well-being](https://www.aistearsiolta.ie/en/curriculum-foundations/aistear-and-siolta-documents/well-being.pdf)
* *Síolta* Standard of [Play](https://www.aistearsiolta.ie/en/curriculum-foundations/aistear-and-siolta-documents/6-play.pdf)
 | Play is essential for babies learning and development |
|  | Checkmark |
| Document | Learning through Play is one of the pillars in the *Aistear Síolta* Practice Guide. [You might like to read this short overview](https://www.aistearsiolta.ie/en/play/overview/pillar-overview-learning-through-play.pdf) which focuses on why learning through play is important.  |  |
| Eye | Children have a fundamental need to be with other people. They learn and develop through loving and nurturing relationships with adults and other children, and the quality of these interactions impacts on their learning and development. [Watch this six-minute video](https://www.aistearsiolta.ie/en/play/examples-and-ideas-for-practice/playful-interactions-with-babies.html) where you will observe a variety of play opportunities and interactions between educators and babies and between babies and their peers. Notice how the educators are supporting and tuning into babies in a playful way.  |  |
| Eye | Much of children’s early learning and development takes place through play and hands-on experiences. [In this two-minute video](https://www.aistearsiolta.ie/en/play/examples-and-ideas-for-practice/making-adequate-time-for-play-birth-6-1.html), Dr. Elizabeth Wood talks to us about making adequate time for play. Think about what she says and how it relates to the first video you watched.  |  |
| Eye | High-quality interactions are essential to support babies learning and development. [This four-minute video](https://www.aistearsiolta.ie/en/play/examples-and-ideas-for-practice/sup-porting-play-with-babies-and-toddlers.html) highlights how a tuned in educator, who engages in a slow-relational pedagogy can support play with babies.  |  |
| Document | Open-ended materials are an excellent resource for supporting learning and development. An example of this is the Treasure Basket. [This resource](https://www.aistearsiolta.ie/en/play/resources-for-sharing/using-a-treasure-basket-with-babies.pdf) outlines the benefits of creating a Treasure Basket with some practical tips on what to include.  |  |
| Eye | [This nine-minute video](https://www.aistearsiolta.ie/en/play/examples-and-ideas-for-practice/exploring-the-treasure-basket-6-18-months-.html) is a real-life example of how engaging the Treasure Basket can be for babies.  |  |
| Document | [This list](https://www.aistearsiolta.ie/en/play/resources-for-sharing/appendix-1-resources-for-play.pdf)  has some very simple and practical ideas on resources that support play with babies.  |  |
| **Pencil outline** | Finally, you might like to [take some time to evaluate your own practice](https://www.aistearsiolta.ie/en/play/self-evaluation-tools-/self-evaluation-tool-learning-through-play-birth-3-years-.pdf) in supporting babies learning and development through play.  |  |

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|  | **My key reflections having viewed/read the above materials** **Prompts for Reflection**: What is working well for you in this area? What are the challenges you have experienced in this area? What will you do differently in the future? |
| Key |  |
|  | **An action I can take . . .****Prompts for Reflection**: Outline the changes you plan to make to your practice. How will these changes impact positively on children’s learning and development? Think about the resources and supports you will need. What aspects of this work would you like to prioritise and focus on in the coming weeks? |
| Lightbulb and pencil | Link to the Practice Guide’s [Aistear Síolta Action Planning Template](http://aistearsiolta.ie/en/Introduction/Action-planning-tool-for-Siolta-and-Aistear/Action-planning-tool-for-Siolta-and-Aistear.pdf)  |
| All of the above resources and many more are available on the *Aistear Síolta Practice Guide* website at [www.aistearsiolta.ie](http://www.aistearsiolta.ie) Thank you for visiting and using the Practice Guide. |
| Additional Support Materials |
| Cycle with people with solid fill | You might be interested in these additional support materials from National *Síolta* *Aistear* Initiative Partners. *[Aistear](https://curriculumonline.ie/getmedia/fd9eca7f-c347-48a9-a0ba-9e120558fb7c/Partnerships-with-Practitioners_EN.pdf)* [Learning and developing through play](https://curriculumonline.ie/getmedia/fd9eca7f-c347-48a9-a0ba-9e120558fb7c/Partnerships-with-Practitioners_EN.pdf) Insights – Learning through child-initiated/child-led play (www.gov.ie)[Barnardos. (2020). Guidance for Childminders: Providing for Play.](https://knowledge.barnardos.ie/handle/20.500.13085/181) [Barnardos. (2014). Outdoor Play Matters: The Benefits of Outdoor Play for Young Children.](https://knowledge.barnardos.ie/handle/20.500.13085/238) [Barnardos. (2015). ChildLinks Issue 2: Play.](https://knowledge.barnardos.ie/handle/20.500.13085/158)  |