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| **Topic: Supporting young children’s learning and development through play** | | | |
| Both *Aistear* and *Síolta* highlight the important role of play in young children’s lives and provide ideas and suggestions to support learning and development through play. Time, resources and support from educators all help young children to maximise their fun in, and their learning and development through play.  In this CPD session, you will learn more about supporting young children’s 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 young children’s learning and development | |
|  | | | Checkmark |
| Document | Learning through Play is one of the pillars in the *Aistear Síolta* Practice Guide. [You might like to read](https://www.aistearsiolta.ie/en/play/overview/pillar-overview-learning-through-play.pdf) this short overview of learning through play which focuses on why learning through play is important. | |  |
| Eye | Much of children’s early learning and development takes place through play and hands-on experiences. Through these, children explore social, physical and imaginary worlds. These experiences help them to manage their feelings, develop as thinkers and language users, develop socially, be creative and imaginative, and lay the foundations for becoming effective communicators and learners. In this 3 minute video, listen to [Dr David Whitebread speak about why play is so important](https://www.aistearsiolta.ie/en/play/examples-and-ideas-for-practice/why-is-play-import-for-young-children-3-6-years-.html) for young children. | |  |
| Eye | [Building on the importance of play for young children as noted above, in this 2 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. | |  |
| Eye | Dr Justine Howard then goes on to explain, [in this 5 minute video](http://www.aistearsiolta.ie/en/play/examples-and-ideas-for-practice/play-and-playfulness-versus-other-learning-activities-birth-6-years-.html), the difference between play and playfulness and children’s perceptions of these. | |  |
| Document | [This document](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 young children. | |  |
| **Pencil outline** | Finally, you might like to [take some time to reflect on your own practice](https://www.aistearsiolta.ie/en/play/self-evaluation-tools-/self-evaluation-tool-learning-through-play-3-6-years-.pdf) in supporting young children’s 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)  [Children Learning in Natural Outdoor Environments (Free asynchronous eLearning)](https://www.barnardos.ie/learning-development/training/elearning/children-learning-in-natural-outdoor-environments/) |