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| **Topic: Supporting toddlers learning and development through play** |
| Both *Aistear* and *Síolta* highlight the important role of play in toddlers’ lives and provide ideas and suggestions to support learning and development through play. Time, resources and support from educators all help toddlers to maximise their fun in, and their learning and development through play.In this CPD session, you will learn more about supporting toddlers 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 toddlers 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) of learning through play which focuses on why learning through play is important.  |  |
| Eye | Toddlers love to play both indoors and outdoors. [In this 5 minute video](https://www.aistearsiolta.ie/en/play/examples-and-ideas-for-practice/facilitating-child-led-learning-and-exploration-birth-3-years-.html) we see how one educator supports one of her key children to play and explore at his own pace.  |  |
| Eye | Much of children’s early learning and development takes place through play and hands-on experiences. [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. Think about what she says and how it relates to the first video you watched.  |  |
| Eye | The learning environment (inside and outside) influences what and how children learn. An inviting environment encourages and helps children to explore and to take advantage of opportunities for fun, choice, freedom, adventure, and challenge. [In this 3 minute video](https://www.aistearsiolta.ie/en/creating-and-using-the-learning-environment/examples-and-ideas-for-practice/building-a-curriculum-in-the-outdoor-learning-environment-birth-0-3-years-.html), one early years educator talks to us about the importance of the learning environment in building a play-based curriculum for toddlers.  |  |
| Eye | Building on toddlers’ learning in the outdoor environment, [this 3 minute video highlights](https://www.aistearsiolta.ie/en/play/examples-and-ideas-for-practice/encouraging-risky-play-with-toddlers.html) how one early years educator is tuned into each child as an individual and uses this knowledge to support them to engage in different play opportunities.  |  |
| Document | [This resource](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 toddlers. |  |
| **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-birth-3-years-.pdf) in supporting toddlers 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.  |