

Dear parent,

Our childcare services have a triple mission:

- See to the well-being, health and safety of children;
- Offer them a living environment suitable for overall and harmonious development;
- Prevent learning, behavior and social integration difficulties.

To this end, our daycare managers apply the educational program of the Ministry of the Family “Accueillir la Petite Enfance”. They adapt their personalized educational program to the requirements and expectations of the Ministry's program in order to offer quality services to all the children they welcome in their settings.

In general, they offer activities and materials to promote the development of the child in the following 4 areas:

- **Physical and motor development** (gross motor skills, fine motor skills, sensory development, body diagram)
- **Language development** (oral language, comprehension, awakening to reading and writing, graphic development)
- **Cognitive development** (attention, memory, categories and concepts, reasoning, awakening to science and pre-mathematics)
- **Social and emotional development** (self-esteem and confidence, autonomy, self-concept, emotional and social skills)

Note that the child learns through play. It is by playing that he learns, and play has a positive effect on his overall and harmonious development because it takes place in the context of pleasure.

In order to better prepare children for school, play is often replaced by guided and structured activities that focus on the content to be transmitted and not on the needs and interests of the child.

In play, on the other hand, children are actively engaged in their learning, they learn with pleasure and with great motivation. So, it is important to understand the importance of play in a child's development; it's not just a hobby for him, it's a very learning experience!

So, the main goal of our daycare services is to offer the varied and diversified material to our little ones, a rich and stimulating environment and to give them several opportunities to play freely and to live multiple experiences in order to stimulate learning. and the discovery of the world around them.



What does the child learn and develop with construction games?

- **Motor skills**, because he must control and coordinate his movements and gestures to manipulate the blocks and make constructions with them, even the simplest. He thus becomes more skilled with his hands, among other things he develops his fine motor skills;
- **His understanding** of the relationships that exist between objects in space, because he gradually discovers spatial notions (ex: above, below, in front and behind) when he manipulates the blocks, and he learns to situate himself in space. He will use these notions when he learns to write (ex: the acute accent goes "on" the "e"; to draw a "p", the line is down and for a "b", up) ;
- **His patience, his reflection and his sense of observation** when carrying out a precise construction. To achieve the desired result, the child must plan the stages of its construction and determine in what order to do them. He must choose the right forms in order to achieve his desired result. This ability to establish order in what he does will be important when learning to read and learn math;
- **His concentration** when carrying out more complex constructions following a plan;
- **His math skills** when having fun counting blocks, grouping them by shape, color or size, and comparing the heights of his constructions.
- **Creativity**, especially with sets of blocks without models. The child then takes the initiative to choose the blocks, material, shape and size of his construction.



What does the child learn and develop through dramatic play or role play (do similar)?

- **His language**, because the child enters into communication with his peers. He develops his vocabulary by discussing and establishing the rules of the game with his friends. We often hear him speaking in place of the chosen characters, making noises of the objects or animals that are present in his imaginary game, etc.
- **His creativity** when, using his imagination, the child is like being a mom, dad, cooking, driving an airplane, etc.
- **His cognitive development** because the child exercises his memory and his executive functions in order to reproduce everyday life situations. He learns to accept the responsibilities and tasks that his role imposes on him. For example, sitting at the table, while "mum" serves dinner or "he must stay in his imaginary" boat "because there are" sharks in the water "
- **His social skills** when playing with others by accepting their needs and interests. He learns to listen to them, to take his turn, to negotiate. Role plays also help to learn to share toys and their space.
- **His social and emotional** development because the child learns to understand and manage his emotions, to resolve conflicts, to find solutions. Children learn to take initiatives when choosing their role or disguise, when they choose the corner of their game and the materials they need. In his game the child is free to make choices and to "make decisions", in this way he develops his self-esteem and self-confidence.
- **His motor skills** when handling objects, moving around in his environment, dressing up, buttoning a shirt or changing a doll's diaper, stirring with a spoon, sorting pebbles, serving dinner to his playmates, etc. They learn to situate themselves in space, they develop their balance, their autonomy, their fine motor skills.

Those are skills he will need to find new friends in school, to resolve conflicts peacefully and find solutions to problems, to ask questions and seek help when needed, to follow through. group rules and follow instructions.



What does the child develop and learn through plastic arts?

- **His motor skills** when handling different objects such as scissors, brushes, pencils, etc. The various materials help him develop fine motor skills, which becomes an important precursor to writing. Cut, tear paper, paint with brushes or with fingers, hold crayons, pencils of different sizes, paste, handle, sort, etc. are actions that build muscles in small hands and fingers and prepare them to hold their pencil well and to trace letters at school.
- **Creativity and imagination** as he uses and explores various materials to imagine, create and bring his own ideas to life.
- **Concentration, sense of observation**, rigor and patience are among the many benefits of artistic activities. In fact, "from 1 or 2 years old, children practice looking at, reproducing and above all interpreting the world around them. They express their ideas in a language other than speech and bring out what they want. there is in his unconscious while refocusing on himself ", explains the art therapist.
- **Social skills** because he interacts with other children, he learns to take his turn, to share materials and space, to communicate, to understand and to control his emotions.
- Their **language skills** as they develop their vocabulary, learn new words, learn to ask for help when they need it, listen and follow instructions, etc.

Remember, this is the process that is important for your child's development and not the end product!!!



What does the child learn and develop during outdoor play?

- **Motor skills** when running, climbing, sliding, falling and standing, jumping, rolling, crawling, swinging etc. The child develops not only at the gross motor level, but also at the level of fine motor skills, because the development of this one begins above all by developing the muscles of his arms, shoulders, muscle tone and of its balance.
- These games allow the child to release his infinite energy, stimulate his appetite, his sleep, his **concentration** and his **capacity for learning**.
- They allow you to take risks and develop your **self-confidence**.
- At the **cognitive** level, the child discovers the world around it. Playing outdoors enriches children with a thousand experiences by putting them in contact with nature, sand, insects, plants, and their environment in general.
- At the **social and emotional** level, the child learns to live with others, to wait his turn to go on the slide, to settle the small baffles that arise while playing and to resolve conflicts with his peers. These are the skills he will need in school and will help him better integrate and adapt to a new environment and make new friends.
- The beneficial effects of nature on the development of the child are indisputable. Nature positively influences the development of the brain, promotes physical and mental health, strengthens immunity, concentration, decreases stress, develops creativity and imagination, brings about a feeling of general well-being.



What does the child learn and develop in sand and water play?

- On the sensory level. The sand helps stimulate touch. In addition, by following the sand or water flowing from his hand, a sieve or a funnel with his eyes, the toddler's sense of sight is also stimulated.
- On the engine side. Playing in the sand stimulates a child's **fine motor skills** and **eye-hand coordination** when he fills the bucket with sand, empties it, pours it into another container, uses a small shovel, rolls cars, draws in it with a small branch, etc. He learns to manipulate, to grasp objects using both hands at the same time. These are skills to be stimulated to develop pre-writing in toddlers.
- On an intellectual level. Playing in the sand is also great for developing a child's **imagination**. Since there is no one way to play with sand, he can have fun in different ways depending on his mood. For example, toddlers can choose to empty, empty, add toy cars or animals to their sandbox or water box. He creates links between objects, he makes assumptions, he experiments.
- When toddlers hide objects in the sand and then look for them, they integrate the **concept of object permanence**, that is, an object they no longer see continues to exist.
- They learn about **mathematics** using measuring cups or spoons. He measures quantities, he learns concepts like little, much, enough, too much, less than, more than, full, empty, equal, etc. He makes comparisons, makes reasoning, begins to understand spatial notions.
- On the social plan. When two children play together in a sandbox, they must learn to share play space and materials, to compromise and to negotiate to make the game go well. This promotes the development of their **social skills**.



Conclusion

As we have seen, the impact of free play and of play in general on the development of the child is essential. It affects several developmental aspects: language, physical and motor, cognitive and social-affective.

Children have to be trusted and given enough time to play freely. It is not wasted time, on the contrary, it is the most precious time you can give your child to support him in his overall development and preparation for school.

Some courses of action

- Encourage your child to initiate and lead his own activities.
- Set up the play area so that he can associate words with pictures when he plays similar things (menu for the kitchen corner, cereal boxes, identify baskets for storing toys, display a calendar, add name to personal effects, etc.)
- Provide lots of art materials such as paper, crayons, brushes, paints, play dough, puzzles, etc.
- Give him enough time to explore and follow through on his accomplishments, even if we don't see a finished product. It's the process that matters!
- Try to intervene as little as possible and let the child make their own choices and make their own decisions. Avoid doing it for him.
- Let him take reasonable risks.
- Leave the choice of material, the choice of color, the way of doing things ...

Some useful links:

<https://www.renard.ca/cahier/principes-jeu-libre>

<https://agirtot.org/thematiques/le-jeu-2-de-3/>

https://naitreetgrandir.com/fr/etape/1_3_ans/jeux/fiche.aspx?doc=bg-naitre-grandir-jeu-libre



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