

Caregivers and Children

The Importance of Play!



It is not just child's play!

An [Evidence Insight](#), by Singapore's Centre for Holistic Initiatives for Learning and Development (CHILD), says caregivers playing with children is important as it...

Promotes brain development

Builds knowledge and life skills

Improves social skills

Strengthens bonds with caregivers

Boosts physical health and fitness

Cultivates emotional wellness

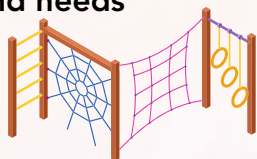


What makes good-quality play?



Focus on the child!

- Play games that cater to the child's **interests and needs**



- **Respect the child** as an individual and consider their thoughts and feelings in play



Participate and enjoy the play!

- Show **enthusiasm and interest** in play



- Be sensitive and **respond to the child's signals** in an appropriate and timely manner

Enrich play!

- Engage in social games and pretend play for the child to learn and **practise social skills**



- **Find play spontaneously** in everyday moments, places and objects, to encourage creativity



Discover more resources on play at Parent Hub

go.gov.sg/info-ph-21

This information was adapted from Centre for Holistic Initiatives for Learning and Development (CHILD) (May, 2023). Caregiver Play – It's not just child's play: The importance of caregivers' play with children. <https://thechild.sg/resources-publications/>