



# Mahiti– An Info-letter for Parents and Teachers

VOLUME 1, ISSUE 1

SEP- OCT, 2010

Editor-  
Gayatri  
Kiran

## *From the Editor's Desk.....*

Dear Readers,

It gives me great pleasure and a great sense of privilege to communicate to you through this Info letter.

Mahiti is being started basically as a medium of communication on the issues close to the core of early child development. They could be issues to do with teaching, parenting, policies, principles or guidelines.

It is meant to be a two-way communication, so please write back to us, it will help us to keep going and make a difference together.

Though the issues dealt with are relevant for all of us interacting with children in any capacity, some issues may be more relevant for teachers of preschool children and some for parents. This will probably be reflected on the cover of the newsletter.

In this issue we bring to you a very basic subject- Play in early childhood.

Enough cannot be said about it nor written about it. It is **the** one effortless and joyful way which can ensure positive developmental outcomes.

We hope you will enjoy the issue and find it fruitful.

Remember to get back to us at [mahiti@samyuktacdc.com](mailto:mahiti@samyuktacdc.com)

Happy reading and here's wishing a long association.

Gayatri Kiran

### INSIDE THIS ISSUE

Play in Early Child- hood.	2
Toys for play?	3
Letters to Edi- tor	4

# Play in Early Childhood



When we think of a child or portray a child in any medium, what is the predominant image that comes to mind? More likely than not, it is the image of a child or children *Playing*.

So, what after all is Play and why is it important? What kind of play do children like? What are they gaining out of this activity?

Let us work on a basic premise- That each and every child is born with the natural drive for growth, development and learning. I think this bottom line no one who has anything to do with children will argue with. Given that this is so, what is the most natural method by which the child reaches these developmental goals? Play, of

*To define play is at the same time easy and very difficult. It has been called many things- "the work of the child"; "the vocation of a child"; etc.*

## So, what are the uses of play?

It is a well-known and well-researched fact that play has multiple benefits.

Some may say too many for us to neglect play in the early years. Play activates resources that stimulate emotional, social, and intellectual growth in the child, which in turn affects the child's success in school. Children schooled under methods of preschool education that are not play-oriented show marked lack of success and interest in learning in later school years. Children who indulge in play are better learners in primary school.

Children take ownership of all their learning and new information when they play with it. Moreover play is probably one of the most predominant intrinsically motivated activity, which supports positive tendencies like curiosity, alertness, creativity and divergent thinking. All the traits which we try to "inculcate" in a child by artificial and contrived means. As it turns out, all that it requires is- time and facility for free play.

Play also builds competencies, skills, success and confidence in the children in a very natural manner and ensures that these traits stay for a long time.

Play, especially pretend play, helps the child gain autonomy, express emotions, learn cooperation, sharing, accept diversity of various kinds, and helps compensate for feelings of inferiority

# What do children like to play with?

What do children like to play with? Given all the technological advances of today's fast-paced life, there is still no toy better than a caring and giving adult. Nothing replaces the human interactions in the child's environment.

The infant is generally happy with play that involves his/her senses and involves movement. Infants and toddlers engage in activities that stimulate their senses and develop motor skills. They actively explore objects and their own capabilities through simple and repetitious play. While infants play alone or with playthings, toddlers play beside other children, although not with them. They may or may not speak with each other or pay attention to each other.

Preschool children like to build and create with objects, take on roles, and use props to replace an original object. They playfully re-enact events and change details to match personal needs and desires. This is commonly known as pretend play.

Some general playthings-

- Sand ,water, clay
- Household articles,
- activities
- Books
- Paints
- Outdoors
- Music
- dance

## Toys....infant

- Mobiles
- Activity centers
- Musical toys
- Rattles
- Mirror etc, etc, etc

## Toys....toddlers

- Their own bodies,
- Simple household objects
- Simple toys like dolls, trucks, and balls.
- Cooking , caring for baby, driving cars or trucks, and other everyday events.
- Art and craft materials

## Toys.....for preschoolers

- Things to put on.....
- Places to go to.....
- Things to carry.....
- Things to use....(tools etc)
- Play scapes/ jungle gyms
- Sand pits
- Art/craft activities
- Simple board games
- Basic construction sets



# SAMYUKTA

CHILD DEVELOPMENT CONSULTANCY

## Samyukta Child Development Consultancy

GFI, Jeevanadi Summit,  
4B Sri Rama Temple Street,  
New Thippasandra,  
Bangalore-560075

www.samyuktacdc.com  
Ph- +91-98445-25045  
mahiti@samyuktacdc.com

Samyukta is a Sanskrit word which means – **United; Associated; Joint or Accessory.**

Samyukta aims to work with existing infrastructure in the area of child development on a consultancy basis, in order to contribute more fully towards their functioning. Samyukta's joint partners could be Schools, Government Agencies, Private Institutions, Not for Profit Organizations, Teacher Training Colleges and Special needs programs.

As part of its other activities, Samyukta is also introducing Mahiti– An Infoletter.

A news letter exclusively for parents and teachers of children under the age of 12 years.

## Letters to the Editor



We Plan to grow and thrive from our reader responses. Please feel free to write in to the above addresses, by mail or post. We will try to publish as many responses as we can.

Your responses are awaited..... at

mahiti@samyuktacdc.com

OR write to us at-

GF1, Jeevanadi Summit,  
4B ,Sri Rama Temple Street  
New Thippasandra,  
Bangalore-560075