



REFERENCE LIST:
***FOR MORE INFORMATION ABOUT THE VALUE OF PLAY
FOR EARLY LEARNING***

On the Internet

Alliance for Childhood (<https://www.allianceforchildhood.net>)

The Alliance for Childhood advocates for children’s health and well-being. One of its goals is to restore play to children’s lives. The Alliance conducts public education and advocacy campaigns and publishes reports and position statements including two reports on the loss of play in early childhood.

- For information on the Alliance’s work in “Restoring Childhood Play,” see http://drupal6.allianceforchildhood.org/restoring_play
- For video resources, webinars, and articles, see http://drupal6.allianceforchildhood.org/play_resources
- See the Alliance’s report on why children need play in school at http://drupal6.allianceforchildhood.org/sites/allianceforchildhood.org/files/file/Kindergarten_8-page_summary.pdf

Center for the Developing Child: Harvard University

- Video: “Play in Early Childhood: The role of Play in Any Setting”. This video describes how adults can foster children's resilience to hardship and how the complex interactions involved when children play help build their brains, see https://www.youtube.com/watch?v=pjoyBZYk2zI&feature=emb_title
- Video: “Building Babies Brains through Play: Mini Parenting Master Class”. Center on the Developing Child Director Jack P. Shonkoff, M.D., explains the importance of serve and return interactions like play—and how easy they are to do, especially through practice, see https://www.youtube.com/watch?v=fpiYNkkNmEo&feature=emb_title

Child Care Exchange provides free downloads and low-cost published materials for teachers and parents, www.ccie.com

American Academy of Pediatrics. The AAP has published three reports describing the importance of play for young children:

- ***The Power of Play: A Pediatric Role in Enhancing Development in Young Children*** (Yogman et al. 2018) provides information about the benefits of play, encourages pediatricians to write a prescription for play at well visits, and describes the importance of playful learning for the promotion of healthy child development. <http://pediatrics.aappublications.org/content/142/3/e20182058>
- ***The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent–Child Bond: Focus on Children in Poverty*** (Milteer et al. 2012) describes how children who live in poverty often face socioeconomic obstacles that impede their rights to have playtime, thus affecting their healthy social–emotional development. The report advocates recognition by parents, educators, and pediatricians of the importance of lifelong benefits that children gain from play, especially children furthest from opportunity. <http://pediatrics.aappublications.org/content/129/1/e204.full>

- ***The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent–Child Bonds*** (Ginsburg et al. 2007) describes why play is essential to children’s development and addresses a variety of factors that have reduced play at home and in school.
<http://pediatrics.aappublications.org/content/119/1/182>

Anji Play (<http://www.anjiplay.com/home/>). Anji Play is an internationally recognized philosophy and approach to early learning developed by educator Cheng Xueqin with the focus of returning “the right of self-determined play to children and communities in an environment defined by love, risk, joy, engagement, and reflection.”

The Genius of Play™ (<http://www.thegeniusofplay.org/>). Spearheaded by the Toy Association, the Genius of Play website has several pages that provide resources and tips for families and educators.

- **Expert Advice:** Find articles on a great variety of topics from scholars and professionals focused on play. Topics range from play with children with disabilities or sensory processing disorders to the power of play for language development: <http://www.thegeniusofplay.org/tgop/expert/genius/expert-advice/expert-advice-home.aspx?hkey=cdff7567-680b-4058-becd-0416fa9459cd>
- **Play Talk:** Experts on education, childhood, and play share the latest information and research about the importance of play, childhood development, and tips you can use. <http://www.thegeniusofplay.org/tgop/community/genius/community/community.aspx?hkey=2ce2c4e3-ae95-4e48-a3b8-9eebaffa99dc>

Head Start Early Childhood Knowledge and Learning Center (ECKLC) (<https://eclkc.ohs.acf.hhs.gov/>).

The importance of play is acknowledged in the Head Start Program Performance Standards. Several resources exist on the Head Start website to support children’s play including:

- **News You Can Use: Play:**
<https://eclkc.ohs.acf.hhs.gov/curriculum/article/news-you-can-use-play>
- **Outdoor Play Benefits:**
<https://eclkc.ohs.acf.hhs.gov/learning-environments/article/outdoor-play-benefits>
- **10 Tips to Enhance Your Outdoor Play Space:**
<https://eclkc.ohs.acf.hhs.gov/learning-environments/article/10-tips-enhance-your-outdoor-play-space>

The LEGO Foundation (<https://www.legofoundation.com/en/>). The foundation branch of the LEGO Group aims to raise awareness of the importance of play through research, resources, and collaborations with other key organizations and agencies. The LEGO Foundation has published three key reviews of evidence:

- **Learning Through Play: A Review of the Evidence**
This white paper summarizes current evidence on the role and importance of children’s learning through play.
https://www.legofoundation.com/media/1063/learning-through-play_web.pdf
- **The Role of Play in Children’s Development: A Review of the Evidence**
This white paper reviews the current evidence base and suggests that different types of play have a role in supporting the development of communication skills, abstract thought, self-regulation, and more adaptive, flexible, creative thinking.
https://www.legofoundation.com/media/1065/play-types-_-development-review_web.pdf
- **Neuroscience and Learning Through Play: A Review of the Evidence**
This white paper focuses on the five characteristics used to define playful learning experiences: joyful, meaningful, actively engaging, iterative, and socially interactive. From a neurobiological perspective,

these characteristics can contribute to children's ability to attend to, interpret, and learn from experiences.

<https://www.legofoundation.com/en/learn-how/knowledge-base/neuroscience-and-learning-through-play-a-review-of-the-evidence/>

- Also, the LEGO Foundation collaborated in the development of the following webinar: **Using Play to Enhance Children's Hospital Experiences** <https://www.legofoundation.com/en/what-we-do/playfutures/webinars/using-play-to-enhance-childrens-hospital-experiences-nov-2018/>

National Association for the Education of Young Children (www.naeyc.org). NAEYC is a professional membership organization focused on developing and disseminating knowledge on high-quality early childhood education and experiences for children birth to eight years old. NAEYC has developed a series of resources focused on the importance of play in early childhood education: <https://www.naeyc.org/resources/topics/play>

- Bongiorno, Laurel. **10 Things Every Parent Should Know about Play**: <https://www.naeyc.org/our-work/families/10-things-every-parent-play>
- See the webinar: **Enhancing Knowledge and Skill Development by Gently Guiding Play** with psychology expert Kathy Hirsh-Pasek and policy analyst Shayna Cook: https://www.youtube.com/watch?v=xvMV1gf_Ibk
- And the article: **Our Proud Heritage: Outdoor Play Is Essential to Whole Child Development**: <https://www.naeyc.org/resources/pubs/yc/jul2017/outdoor-play-child-development>

Play: It's the Way Young Children Learn is the original easy-to-read 8-page pamphlet produced by the Bay Area Early Childhood Funders intended to help parents and providers increase their knowledge of the importance of play for early learning. The pamphlet is available in six languages: English, Spanish, Chinese, Vietnamese, Korean and Farsi. http://www.earlychildhoodfunders.org/#mp_play

Playworks (<https://www.playworks.org/about/>). Playworks offers comprehensive training and technical support to schools and communities that wish to bring safe, inclusive play to children and provides trained program coordinators to organize recess activities and run after-school tutoring and physical activity programs in low-income, urban districts. Find videos and resources on the Playworks website: <https://www.playworks.org/impact/>; <https://www.playworks.org/resources/>

PlayPods®

A holistic process that works with the entire school community to change both the human and physical play environment transforming play at lunchtimes (www.playpods.co.uk)

Videos from England about the Playpod experience:

- In elementary schools: <https://www.youtube.com/watch?v=nqilKyJJeKg>
- In early childhood settings: <http://www.bing.com/videos/search?q=scrapstoe+playpods&view=detail&mid=E5DF28E42A3AD551AE92E5DF28E42A3AD551AE92&FORM=VIRE>

Zero to Three

Zero to Three has many publications on understanding and making the most of children's play.

(www.zerotothree.org; <https://www.zerotothree.org/early-learning/play>). See a description of how play develops from birth to three and examples of play for these age groups: <https://www.zerotothree.org/resources/series/the-development-of-play-skills-from-birth-to-3>

Books (check your local library or bookstore or find new or used online)

- Almon, J. (2013). *Adventure: The value of risk in children's play*. Alliance for Childhood.
- Bohart, H., & Masterson, M. (2019). *Serious fun: How guided play extends children's learning*. National Association for the Education of Young Children.
- Brown, C. (2016). *Kindergartners get little time to play: Why does it matter*. The Conversation. Retrieved from <https://theconversation.com/kindergartners-get-little-time-to-play-why-does-it-matter-57093>
- Brown, S. & Vaughn, C. (2009). *Play: How it shapes the brain, opens the imagination, and invigorates the soul*. New York, NY: Penguin.
- California Department of Education, Early Learning and Care Division (2020). *The powerful role of play in education*.
- Carlson, F. (2011). *Big body play: Why boisterous, vigorous, and very physical play is essential to children's development and learning*. Washington, D.C.: National Education for the Education of Young Children.
- Daly, L., & Beloglovsky, M. (2014). *Loose parts: Inspiring play in young children*. St. Paul, MN: Redleaf Press. Also, see other books in this series:
- *Loose Parts 2: Inspiring play with infants and toddlers*
 - *Loose Parts 3: Inspiring culturally sustainable environments*
 - *Loose Part 4: Inspiring 21st century learning*
- Elkind, D. (2007). *The power of play: How spontaneous, imaginative activities lead to happier, healthier children*. Cambridge, MA: Da Capo Press.
- Gray, P., (2013). *Free to learn: Why unleashing the instinct to play will make our children happier, more self-reliant, and better students for life*. New York, NY: Basic Books.
- Gronlund, G., & Rendon, T. (2017). *Saving play: Addressing standards through play-based learning in preschool and kindergarten*. St. Paul, MN: Redleaf Press.
- Jones, E., & Cooper, R. (2005). *Playing to get smart*. New York, NY: Teachers College Press.
- Koralek, D., Bohart, H., & Charner, K. (2015). *Spotlight on young children: Exploring play*. National Association for the Education of Young Children.
- Maguire-Fong, M. J. (2015). *Teaching and learning with infants and toddlers: Where meaning-making begins*. New York, NY: Teachers College Press.
- Masterson, M., & Bohart, H. (2019). *Serious fun: How guided play extends children's learning*. National Association of the Education of Young Children.
- Mraz, K., Porcelli, A., & Tyler, C. (2016). *Purposeful play: A teacher's guide to igniting deep and joyful learning across the day*. Portsmouth, NH: Heinemann.
- Perry, J. (2001). *Outdoor play: Teaching strategies*. Teachers College Press.
- Paley, V. G. (2004). *A child's work: The importance of fantasy play*. Chicago, IL: University of Chicago Press.
- Sahlberg, P., Doyle, W. (2019). *Let the children play: How more play will save our schools and help children thrive*. Oxford University Press.
- Van Hoorn, J., Nourot, P., Scales, B., & Alward, K. (2014). *Play at the center of the curriculum* (6th Ed.). Merrill/Prentice Hall.