



Why we love pretend play

Kids learn so many skills through play. Pretend and imaginative play in particular:

- fosters creativity by providing a safe space for children to act out scenarios of their choosing, including situations that they may not be able to experience in real life.
- gives children opportunities to learn about other people's perspectives, like what Daddy might think when they are playing house.
- promotes physical development in a fun way.
- provides an opportunity for kids to practice and develop their language and social skills by merely being with and talking to other children.
- boosts the development of problem-solving and self-regulation skills.
- gives parents a fun way to teach positive behaviour to their kids.
- fosters the development of language, sequencing and narrative skills.

Not all kids know how to play in this way

At Kids Matters, many of our therapists are trained in the Karen Stagnitti's Learn to play approach and/ or DIR Floortime where we follow the child's lead and interests while we gently facilitate their ability to expand in pretend play (and other forms of play). We have seen children open up their world, be able to play more easily with their peers and develop their executive function and motor skills.

We have also seen changes in their ability to:

- entertain themselves without others or a screen
- manage anxiety
- make and keep friends
- succeed at school
- And so much more...

So if you have any kids who are struggling with their pretend play, we'd love to help.