

GET YOUR PLAY ON!



Play is an essential part of every childhood. It's the way children explore, create and discover. Through play children learn about themselves and the world around them.

WHY ARE GAMES IMPORTANT?

Games offer exciting combinations of strategy and chance. A game can be defined as an activity with a goal and rules that determine play. Games can be competitive, such as chess, or non-competitive, like "Ring a Ring o' Roses".

Games are a great way for children to play with their peers or family members. They teach children how to play by a set of rules. Games teach children about cooperation, taking turns, memory, and communication. Games may require problem solving when things don't go to plan.

GAMES FOR THE FAMILY

Games encourage children to play with their siblings or parents. Games are usually suitable for intergenerational play, fostering relationships between children and their grandparents. For children, games are valuable in sharpening their minds. For the elderly, games help keep their minds sharp.

CLASSIC GAMES

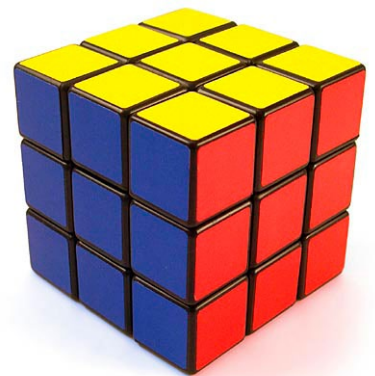
You may remember a few classic games from your own childhood. They might be games you enjoy playing with your own children now. Classic games include board games, word games, card games, guessing games, games of chance and games that require some skill.

- Monopoly
- Cluedo
- Scrabble
- Snap
- Uno
- Guess Who
- Snakes and Ladders
- Battleships
- Jenga
- Pick Up Sticks

ACTIVE GAMES

Active games tend to be unstructured, taking place in the backyard, school playground or local park. Active games can also be organised, for example at birthday parties, or through local sports groups.

- Chasey
- Hide-and-Seek
- Hopscotch
- What's the Time Mr Wolf
- Twister
- Musical Chairs
- Pass the Parcel
- Sack Races
- Egg and Spoon races
- Tennis lessons
- Swimming lessons
- Local clubs – cricket, soccer, football, netball, basketball, hockey, surf lifesaving.



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TECHNOLOGY

Some games rely on technology such as computer games or games and apps on smartphones and tablets. These can be beneficial when they have some learning value and provide positive messages. Suitable games include those that require creativity and planning or help children learn about rules and strategy. Ideally games will have simple controls and can be played in short bursts.

Supervise your children when they are playing with technology. Talk to them about what they are playing. Be careful to avoid games and apps that promote violence or other antisocial themes.

GAMES & PLAY



A WORD ABOUT SCREEN TIME

Screen time including television, DVD's and computer games are enjoyed by most children. Screen based activities can be beneficial if they are part of a balanced range of activities. Ideally, choose content that is of high quality and engage with your children while screens are in use.

Too much screen time can limit the time spent on other activities such as other types of play, engaging with friends and family, and getting adequate sleep.

Australian recommendations for children's screen time:

- For infants, experts recommend no time in front of screens.
- For toddlers, the recommendations are to spend less than one hour per day watching screens such as TV, computers or other electronic devices.
- For children over five, the recommendation is to limit screen time to no more than two hours each day.

SUMMARY

- Games help children learn how to play to a set of rules.
- Games provide a way for whole families to play together.
- Balance technology-based games with other activities that your child enjoys.

FOR FURTHER INFORMATION

Australian Toy Association

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Also visit www.austoy.com.au

The ATA acknowledges the work of the National Toy Council (UK) in the development of these materials.

The full set of *Value of Play* leaflets are available for download at www.valueofplay.com.au



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