



February 2022

# Chestnut Grove Child Development Center

3701 Sweet Air Road, Phoenix, MD 21131  
410-592-9122 / chestnutgrovechild.org



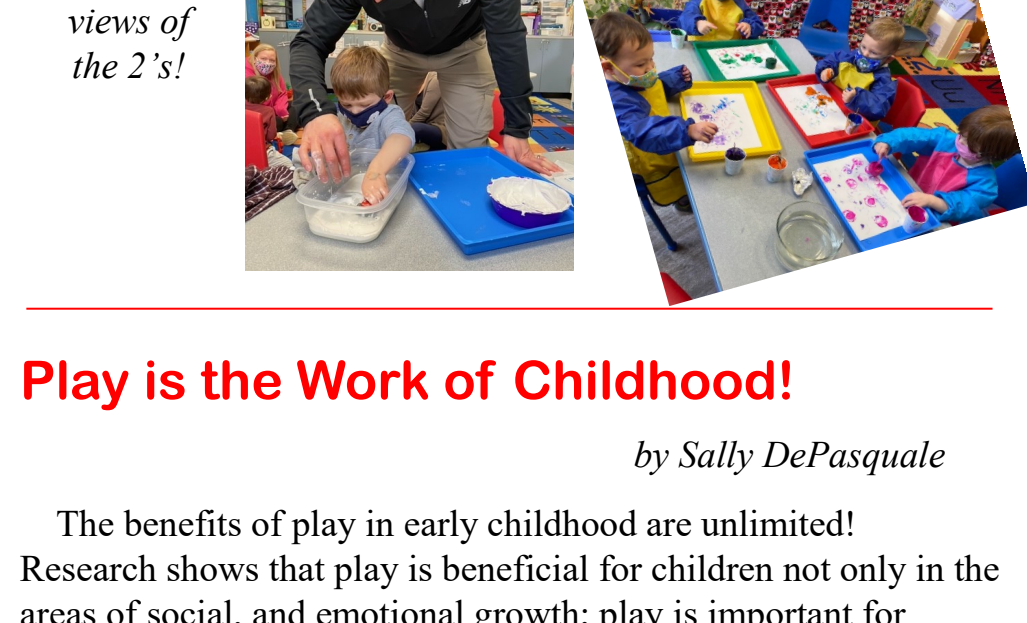
## Upcoming Events

**Feb 7 (Mon):** Registration for the 2022-2023 school year opens to the public. We welcome and appreciate your referrals to friends, family and neighbors.

**Feb 9 (Wed):** Due date for Candy Gram orders.

**Feb 11-15 (Fri - Tues):** Valentine's Day Parties and Candy Gram delivery.

**Feb 21 (Mon):** Schools closed in honor of Presidents' Day.



Some views of the 2's!

## Play is the Work of Childhood!

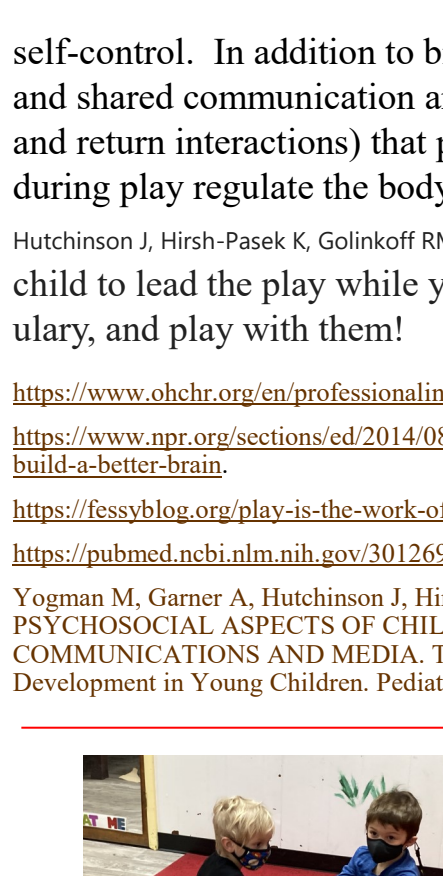
by Sally DePasquale

The benefits of play in early childhood are unlimited! Research shows that play is beneficial for children not only in the areas of social, and emotional growth; play is important for healthy brain development. Play is considered so important to child development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child!

Children develop and practice social skills while playing with peers and caregivers. The art of negotiating, taking turns, and working as a group to achieve a goal are all challenges that children must learn and put into practice repeatedly until they become confident in their performance. All of these can take place safely during simple block play, conversations during dramatic play, playing games, sharing toys with friends, and on the playground during group games.

Maintaining control of one's emotions is a skill that must be achieved. Allowing children to engage in free, undirected play provides opportunities for them to explore (in a safe environment) and navigate the difficulties of not getting their way. It allows children to practice handling rejection, to explore the emotions they feel, and to learn safe ways to express those feelings. Learning to resolve conflict, take risks, face fears, and advocate for oneself are all life skills that can be practiced through peer interaction during play.

Play is important for healthy brain development. Research shows that 75% of brain development occurs after birth. Sergio Pellis, a researcher at the University of Lethbridge in Alberta, says "The experience of play changes the connections of the neurons at the front end of your brain, and without play experience, those neurons aren't changed." It is the changes and development in the prefrontal cortex that help children with executive function, which is required for planning, regulating emotions, pursuing goals, ignoring distractions and problem solving. These executive function skills are needed throughout their adult life! Play prepares children's young brains for life.



What can you do with your child? Research shows that developmentally appropriate play with parents and friends is the perfect way to promote the social-emotional, cognitive, language, and self-regulation skills that build executive function. Playing games like "Simon Says" or "Head, Shoulders, Knees and Toes" are fun ways to help promote executive function and practice self-control. In addition to brain development, "The mutual joy and shared communication and attunement (harmonious serve and return interactions) that parents and children can experience during play regulate the body's stress response." (Yogman M, Garner A, Hutchinson J, Hirsh-Pasek K, Golinkoff RM, 2018)

Spend time allowing your child to lead the play while you ask questions, supplement vocabulary, and play with them!

<https://www.ohchr.org/en/professionalinterest/pages/crc.aspx> Article 31.1

<https://www.npr.org/sections/ed/2014/08/06/336361277/scientists-say-childrens-play-helps-build-a-better-brain>

<https://fessyblog.org/play-is-the-work-of-childhood-but-is-it-beneficial-2/>

<https://pubmed.ncbi.nlm.nih.gov/30126932/>

Yogman M, Garner A, Hutchinson J, Hirsh-Pasek K, Golinkoff RM; COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH; COUNCIL ON COMMUNICATIONS AND MEDIA. The Power of Play: A Pediatric Role in Enhancing Development in Young Children. *Pediatrics*. 2018 Sep;142(3):e20182058. doi: 10.1542/018



Children in our 4's classes stay busy at play on a rainy day. These photos show perfect examples of how play can help children develop skills in the art of negotiating, taking turns, and working as a group to achieve a goal. See Miss Sally's article above for other benefits to play.

## Birthday Books

Do you know about our Birthday Books? Many parents choose to donate a book to school in their child's honor.

As part of your child's birthday celebration, he or she opens a wrapped book and presents it to the class during morning gathering in the Big Room. Your child's class will read the book that day, and then he or she may take it home for a week. When it is returned, the book becomes part of the school's library. Your support of the Chestnut Grove CDC Library enriches the school and fosters a child's love of reading in meaningful and enduring ways.

You may purchase a book (for \$3.00) from our "Birthday Book" selection in the office, or bring in a new book of your own. We will place a nametag inside the cover with your child's name, birth date and year of presentation, and will even gift-wrap the book for you.



Fun in Mrs. Charlow's 3's class with trucks, tools, robots and hockey!

## Warm Clothes, Please!

Please check/restock your child's change of clothes at school. Long pants, long sleeves and socks are needed. Sometimes the children need to change clothes after playing on a muddy playground. Also, mittens, hats and extra boots will make playground visits much more enjoyable for your child.

For your child's comfort, extra masks are also a great idea.

## Spring Fair Returns! Save the Date - Saturday, April 30

More details to come next month, but please save the date for this great family outing — games and crafts and other fun activities for the youngsters and silent auction, great food and more for the adults.

