



# Learning through play

## Why now?

Young children's brains develop faster than any other time of life - more than 1 million neural connections per second! Every experience in their early years – from the bonds they form with their parents and caregivers, to the food they eat, the air they breathe and the way they play and learn - builds children's brains, shapes their personalities, and develops their immune and metabolic systems. In turn, it shapes the lives they'll grow up to live.

## Why Play?

Children explore their world through play from the moment they're born. Think of peekaboo, the simplest of games. Peekaboo hones motor skills and visual tracking, and helps babies learn that you still exist when you're not in front of them. It's also happens to be a lot of fun!

Play is how children learn naturally. And the evidence keeps growing that playing helps children master all the skills they need to thrive in our fast-moving, ever-changing world. Given the chance to think, negotiate, adapt to new rules and try again when things don't go to plan, children develop essential skills that'll last a lifetime.

Play is not just about learning. Playing together also boosts your own wellbeing as a parent, helping you bond with your child, approach day to day challenges from a new and lighter perspective, and build a strong foundation for mental health and resilience for your child.

As a parent, you may not realise it, but you're constantly coming up with ideas, strategies, tactics, and manoeuvres to get through everyday parenting challenges - from getting dressed, getting out the door, getting food on the table and into bellies, and getting to bed. Your challenge in today's meet-up is to mine your own experience, and put a playful spin on your approach.

And because parenting is something no one should do alone, by the end of your two Meet Ups, you'll be sharing a few of your much needed home-grown ideas with the wider parenting community on the EasyPeasy app - parents around the world are thanking you in advance!

**So, ready to get started?? Let's go!**

