

Running Head : Lack Of Play In Early Childhood

Lack Of Play In Early Childhood

ECE 210

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### **Lack Of Play In Early Childhood**

In the early years of a child's life, many factors help the child develop. Factors as simple as play can play a big role in their development. It is seen that play is not being included in classes as much as it needs to. This affects the kids physical development which should be talked about. There are several ways in trying to make a change and stand up for this issue.

### **Statement Of The Problem**

There are many different issues in early childhood education. One problem that it would be facing is not enough play in early childhood education. This problem affects preschool children in ages 4 to 5 years old. The children's physical development is being affected because they are being taught to read more at an early age then building on their development. The issue should be addressed now because children should be focused on play during their early ages.

The problem of lack of play is the greatest in a classroom setting. Intervention is needed as soon as possible to avoid negative consequences. Waiting too long to intervene will cause difficulties in the future. More play time in the classroom is definitely needed. Teachers should be able to make time during classroom time to incorporate dramatic play, symbolic play, constructive play, etc. They are in a position to help because during school, children are around others so they are able to play amongst each other.

**Research**

Physical development should be taken seriously right away because it is important for kids. Early childhood classrooms should always make time for play in the classroom. The articles provided touches upon the issue.

**Article 1**

“The Physical Play and Motor Development of Young Children: A Review of Literature and Implications for Practice” by Dr. Jeffrey Trawick-Smith states how important play is. “The growing emphasis on standards, assessment, and accountability in schools has led to a reduction in outdoor and active physical play (Smith 1)”. Play is being replaced with many things like technology and assessments so it does not get as much as recognition that it needs. Smith states how play enhances a child's motor development from it (Smith 1).

Dr. Jeffrey Trawick-Smith writing's trying to inform teachers and parents about the importance of lack of play in early childhood. Describing how play can help a child's development shows how schools should not take this away from children because it is necessary. This article was chosen to support the issue because of how much detail went into play helping out a child developmentally.

**Article 2**

“Bringing Back Play: What the Loss of Play Means for Our Children” by Tiffany Musick explains how lack of play affects kids in classrooms. “Hanscom also found that basic coordination is being affected, with preschool teachers confirming a rise in clumsy behavior among their students, such as them running into things or falling out of their chairs, and a lessened ability to pay attention to directions (Musick)”. This is stating how decreasing play in

the classroom affected several children with everyday movements. It is obvious how it is attacking children's physical development because it is seen in classroom settings.

Tiffany Musick's point of the article is to inform what happens when play is taken out or lacking in a classroom for preschoolers. The author touches upon the impact this issue imprints on kids. This article was chosen because it was informative about what it does to children. You can learn this throughout the article.

### **Article 3**

“Play in children's development , health and well-being” by Jeffrey Goldstein also talks about play being a necessity in children. “Clearly play is of extreme importance to human children, particularly during the 0-7 sensitive period. There is little doubt that children deprived of play suffer considerable physical and psychological consequences, consequences which may be devastating to those affected (Wales)”. This part of the text shows how sensitive the early ages is an important factor to development.

Jeffrey Goldstien's purpose of writing was to educate how play is connected to children's development like physical. This source of research was selected because it shines light on how the early ages of a child’s life is critical. You would have learned that there are different types of play that children can expand to that will help their development.

**Small Advocacy Action**

Play is important in the classroom setting so teacher educators would be able to help. There are many ways to resolve the problem. Writing letters to teachers would be a way to bring awareness to the issue. Firstly, the letter would be addressed to early childhood teachers with less play in their classroom. It would then state the importance of play. The letter would also state how much play helps students' physical development. It would end off with their opinions on the issue in early childhood.

**Large Advocacy Action**

With the teacher educators agreeing, larger actions would be taken to help the issue. The large action that would be used is developing a petition. Teachers and the founder of the petition would explain to the public people the issue of play. Lack of play affecting physical development is something that should be changed , explaining this to the public would get them to sign. The petition would need approximately 500 signatures to bring it up to school administrators. The petition would fall into the school principal and school leader's hands to include play in the classroom more often.

School administrators would not be the only people to fix the issue. Parents/guardians of young kids in early childhood would have a big impact as well. Explaining to the parents/guardians would show how classrooms need play to be implemented. Explaining how bringing the child to the park or any play area would help with their physical development would be a way they are helping the issue.

### **Conclusion**

Play is such an important routine that should be established in every classroom. It is personally important to me because I remember playing in preschool. My classroom had a sandbox and a dramatic play area. There was also a painting area that I remember so vividly. Play was something we had done a lot so I am glad that my teacher knew the importance.

Looking back, all these areas had helped me develop my physical development. My fine motor skills were enhanced when I would paint with a paint brush. This helped my wrists and fingers . This topic impacts me as an educator because I know what can happen if a child does not get enough play time throughout their childhood. Their development will get impacted, not just physically.

## References

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