

Lack of play in Early Childhood Education

Course 210: Professor Guirguis

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Abstract

This paper will talk about How lack of play effects early childhood education and the impact on children and families also teachers in these years. Young children are the age group where they are starting to get used to the outside world and they get to learn and understand from play because they don't get to witness the world much. Through play they are able to create there on world and do whatever they want, which is a learning experience. Today we see that in classroom play is not used much because what matters is the academic , grades and progress. Which we can see through play we can see the development and new skills children has developed. As an educator we are hopeless because in a way most of us have to go with the guidelines of the systems and focus on what they want us to teach. In this paper we will discuss the outcomes of lack of play and what can we achieve from having play in the classroom. We will see different articles that talks about play and how parents and teachers feel about. This issue will be of interest to Local districts, parents, teachers, school staff, directors, DOE Officer and chancellor also not to forget the students because everyone is thinking about what happens if play is not in classroom environment and how is the children impacted.

Lack of play in Early Childhood Education

Lack of play is important in early childhood because it affects childhood development and their life and school (Silverstone,2018). According to why playtime is an essential part of childhood development, "Children's lives are overscheduled now more than ever before and all those activities are taking a bite out of their free playtime. By shortchanging playtime, children miss out on emotional, social, physical, and cognitive benefits" (Silverstone,2018). If children have less time to play and more time to focus on subject-based learning, they miss out on lots of experience. Lack of play puts a bonder on their development skills and skills that they can

always use in life. Silverstone says, "Lack of playtime can also lead to negative consequences like anxiety. Anxiety and depression have been on the climb in recent decades and has severely impacted the happiness of children and has been noted as a reason for violence against others." Lack of play affects your emotional development through play, and children understand communicating skills and experience them. Play, in general, is the starting stage for children to experience new things in life. Play is important because it helps children with the transition from home to school. Early childhood education is the most important time in a children's life because they are going into this new world and experiencing new things. They get the opportunity to connect with others and show others who they are through play and class activities.

Statement of the problem

As time goes on and years and years pass by, lots of things change within our world. We get to see changes in lots of community development; one aspect of the community is Education. When we think about Education, we think about further development and skills children develop. My topic is Lack of Play, and the focus of my paper is the lack of play in early childhood education. The department of Education wants to focus on academic development, which goes on subject-based learning. I will get into the other development it affects, Like social and emotional and sensory. In general play has an impact on all development domains in different ways. Lack of play affects children, families, and teachers because teachers are limited to what they can do to support their development. Children are affected because they don't get the resources to practice and learn social and emotional skills. Families are affected because their children are getting help on academic, but they are miss out on an experience that will help them academically and as a person. Play affects communities because play brings out reality and thinking skills.

This issue needs to be addressed now because slowly, children are closing this experience within their classroom. And the classroom is focusing more on academics and not the experience that play brings. The problem is the greatest at the school because, in the classroom, teachers have to focus on teaching the subjects and not skills to help them in life. The system is changing every day and slowly is going away. When in play, children work with the kitchen; they get to make connections and understand their parents and what they do. But when we take that away, they don't understand the value of different things, even about themselves.

Intervention is needed to stop consequences because lack of play affects who the children become in life and their views on society. Lack of play affects how they act towards others. It affects their movements and the way they do things. My target audience is mainly the parents and systems of education because they can bring a change. Often parents think that academic development is what is essential, but when you think about grades. Children lose a lot and don't know how to interact with others around them. Through play, children understand the expectations of society and life itself. Parents can protest about this, and the department will have to listen to it because parents know what is essential for their children. And the Education Department can make changes happen.

Research

Research suggests that lack of play has a significant effect on Early childhood Education now and in the future if nothing is done about it. This research shows us why play is essential, and if the play isn't there, what happens in children's life and classroom. Play is beneficial for children and helping develop their thinking skills and creativity. You that is completely taken away, a lot of development is affected and even impacted who they are. The play puts a bond on the way they can show others who they are.

Article 1

In the article titled “The Importance of play in Early childhood Education programming,” Ron Spreeuwenberg talks about why play is important and the different development it affects, and the ways it does. The Spreeuwenberg says, “play offers a satisfying experience for children, allowing them to explore and discover, while at the same time developing their imagination and thinking skills.” The play has a significant benefit on children in different ways; it is the leading guide that molds who they are and teaches them about life. Play contribute as a resource to children that helps them with developing thinking skills. Through play, children learn and experience a lot; they can take what they know and apply more and, at times, add changes.

The author informs us through the article to let us know why play is important? He is telling us about value play is throughout the article; he talks about the impact on social development, language skills, and cognitive development. Through social development and play, children understand to care and respect others and work with them. They understand that it is important to value their classmates and peers and keep an idea of who they are. We get to learn about not being selfish and mainly communicate with one another. Spreeuwenberg says, "Literacy and language skills can be further developed through play by introducing language-rich elements in play, such as the creation of shopping lists, restaurant menus, or by playing school." Through play, children can develop and learn more words and get ideas on using them and where. This experience will help in school and for life too. They can know and understand problem-solving through play, and it helps to get creative. I selected this research source because it shows us why play is a need in the classroom and what it can do. Without play, children won't understand a lot of different topics and ideas, when they can physically do something to understand that more.

Article 2

In the article titled, “The decline of play in preschoolers — and the rise in sensory issues”, Valerie Strauss talks about emotional and sensory development and how it is affected because of lack of play. It also gives as examples of experience and what lack of play did to children and how they were affected from it. She says “If children are not given enough natural movement and play experiences, they start their academic careers with a disadvantage. They are more likely to be clumsy, have difficulty paying attention, trouble controlling their emotions, utilize poor problem-solving methods, and demonstrate difficulties with social interactions”(Strauss, 2015). Lack of play effects sensory development which has to do with body movements and by limiting play they aren’t able to lean and practice body movements on their own. Children learning through play more then instructions that are given to them and we are taken it away from them.

The author says, "If children were given ample opportunities to play outdoors every day with peers, there would be no need for specialized exercises or meditation techniques for the youngest of our society" (Strauss, 2015). If the play weren't limited to children, they wouldn't have emotional and sensory problems come by letter. Know days in schools play are limited to understanding it is significantly less seen because of parents and DOE valuing academic achievements more than play. In some cases, they fulfill the needs that could have been done in playtimes in being paid to teach as they get older in schools or outside. The author is trying to persuade the parents and teachers of the importance of play and what it can do and help with their development. Even if they are doing good academically, they can be struggling with sensory and emotional development. The author believes that lack of play is affecting children, and we should do something about it and try to persuade parents and teachers also the readers to

why it should be dealt with. I selected this research because it talks about how play affects sensory development and shows us children and parents' experiences.

Article 3

In the article titled, "All Work and No Play: Why Your Kids Are More Anxious, Depressed," Esther Entin talks about how lack of Play is the cause of emotional stress on children and talks about its effect developments. She talks about different studies others did and the result they so how parents focus on more academic for their children. When their parents were at the same age, they had more time for Play than they know. She says, "how this lack of play affects emotional development, leading to the rise of anxiety, depression, and problems of attention and self control" (Entin,2011). Lack of Play affects children's lives and who they are and become. We often don't value play much by putting academics on top of it, but we don't see its effect. She also talks about the benefits of Play and its impact in a good or negative way. She says, "Play gives children a chance to find and develop a connection to their own self-identified and self-guided interests. It is through Play that children first learn how to make decisions, solve problems, exert self control, and follow rules. Children learn to handle their emotions, including anger and fear, during Play. Play helps children make friends and learn to get along with each other as equals. Most importantly, Play is a source of happiness" (Entin, 2011). Play is looking down upon, but it helps with a lot of life experience and who you become. School is not made for just academics; it is the foundation that helps mold young children into who they will be as adults.

The author is trying to persuade and inform the parent's benefit of play and why there should be more time. Play is an essential part of young children's lives, and there shouldn't be a limit on it because of the experience and knowledge they get from that it will help them in the

future. We shouldn't take that time away from them where they can play roles that adults do and learn more about themselves and life so that one day they can do something for themselves and society. The author agrees with the topic that lack of play is an issue that we should deal with because we are taken a lot away from children by not letting them experience it. I selected these research sources because it talks about emotional development and personal and the effects parents have on children's lives by limiting play.

Small Advocacy Action

One action that I will take is to show parents in my community why play is essential for children at a preschool level. I will show parents some play activities they can do with their children at home. My goal is to let parents know about the importance of play and that no matter if it academic or free play, it is essential. Something they can do is maybe when their parents are cooking; they can help out. Parents can be a guide for their children and tell them the steps. They can also recreate a scene from a movie or play at home; what I do with my younger brother is he has a little shopping cart. Then I act like I am going shopping, and I ask him, "how much is the plate?" "how much is the cup?". Even though he is three years old, he will say the plate is five dollars. If I give him a dollar and ask how much it is, he says one dollar. We have to start somewhere to achieve our goals for our children and siblings. Even though this is not focused on academics, he is learning about money and recalling things.

Large Advocacy Action

I will take the large Advocacy action to first speak with NYC Chief Academic Officer, Linda P. Chen and also talk with Deputy Chancellor of Early Childhood and Enrollment, Josh Wallack. Chen manages the Divisions of Teaching and Learning divisions, Special Education, and English Language Learners. Wallack looks over the department's early education and 3-k for

All and Pre-K for all. I think for the issue of play, they are important people to talk to about it. A group of teachers, including me, will speak with them about the lack of play in Early childhood Education. I will give information and statics to prove that play is a need in the classroom. We will show evidence that if play is there in classroom what can it do to children development and thinking skills.

I will collect signatures of parents from all of New York districts and teachers that want to see more play in Early Childhood Education. My idea is to make a curriculum that has to do with play and activities that can also include academics. Also, to give 2 hours of the day where children can freely play in their classroom, everyone needs to develop their play, which often helps with thinking skills, problem-solving, and understanding. After that, we will hope they agree with our ideas and help get funds for communities that cannot do play activities because they don't have them. Later we can hold a conference with school heads and teachers all over New York and show them what we want to apply in the classrooms. So with that, every child has the resources to learn and have fun. So that one day they can think about what we did for them and what they can do to get better at it. We have to create the future for these generations and not take away essential resources for them.

Commentary

I decided to choose this issue because this problem we still have time to fix it because schools still have play within the classroom but day by day it is decreasing because the system. Parents and the DOE thinks more about how a child is doing academically and not social and emotional mostly. As a future educator I think it is really beneficial when we let children take control of their play and see what they make out of it. We should only be they as their support to observe them and for safety measures mostly. Through play they get to learn about one another

likes and dislike. There learn about themselves and others and why are they unique and important? Through play they have the ability to develop new skills and work on development skills. They also get to understand the steps to problem solving and work there thinking skills. Which will not only help now about will always stay with them. As I said play molds who we became it doesn't matter what type of play.

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