



MUMMY
BRAIN
BUILDERS



**CHILD AND
PLAY**

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PLAYING MEANS DEVELOPING

Children play at any age. But they don't play the same way at any age. The play's content varies according to age and developmental level. Children may be learning a lot during playing games that may be seen meaningless, aimless and tiring by adults...When children are playing; they get to be aware of their bodies, learn what they can do with their bodies, can regulate their body strength, they develop a sense of distance and direction, learn to wait for their turn, communicate, share their toy or food with a friend, help others, express their feelings, respects others' ideas, resolve conflict, follow rules, express themselves, imitate, identify objects, solve problems, reason, form sentences, form longer sentences, ask questions and answer questions. As a result, they will learn about themselves, other children, people and the world. Their self esteem will become stronger.



PROVIDE A GOOD PLAY ENVIRONMENT FOR YOUR CHILD

Play should be a free activity. Set your child free. Don't make him/her play with toys that you choose or play games that you want. Make him/her choose what and how to play and then join in. But if you see that your child cannot come up with an idea, then offer to help, give ideas and find something together. If your 3-4 year old child is pretending that there is a tea cup in her hand and is offering it to you, make sure you take it. You should drink that tea with joy and thank him/her for it.

Children don't need expensive and fancy toys to play with. Sometimes they may want to play with pots and pans, plastic containers, empty boxes, clothes pins, pieces of cloth or even cushions.



PLAY WITH YOUR CHILD FOR REAL

Playing is the most natural way to communicate with and share the world of a child.

It is unfavorable to compete with your child during play but it is also not good to ignore when he/she constantly breaks the rules of the game. Of course one should not get into a power struggle during play.

This may cause your child to lose trust when trying to learn about the world. If you are playing a game with rules, make sure they are age appropriate and can be flexible when necessary. For example, your 3 year old cannot hide very well during hide and seek thinking that only with the head hidden other body parts won't be seen. This is parallel with the child's cognitive development.

Another example is your 6 year old during hide and seek. This age level should experience both losing and winning. When you are playing with a 6 year old, you can tag him once in a while.

BEING CHILDISH WITH CHILDREN

Playing is natural, it's fun and educational. You should also enjoy it when playing with your child. Play with your child to have fun, to enjoy yourselves and also let your child live through the process as well.

For example, when playing with cube blocks, make sure to be careful about their size, weight and material. Cube blocks must be the size and weight that your child can hold comfortably. Plastic ones can sometimes get worn out and it will become impossible to stack them. Wait patiently and give support while your child is trying to stack the cube blocks. If needed, you can hand the block or show how to put it but don't do it for him/her constantly.

Now, let your child play as he/she wishes!

PLAY IS AN EXPERIENCE OF LIFE

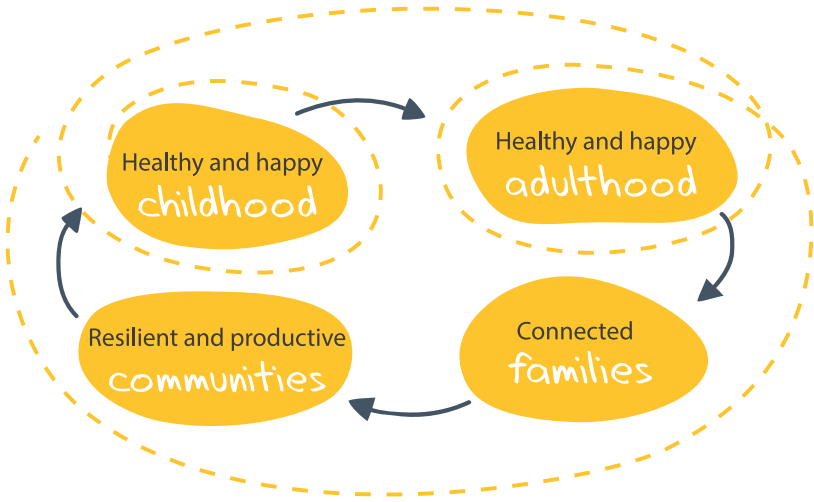
Play for children is a kind of a life simulation. They get to know themselves, other people, the environment and the world while playing. They try to see how high they can jump, how low they can get to crawl under a chair or how heavy an object they can push during play. They see which of their ideas will be accepted by friends and how much they can moderate a game. They don't know how a game will end at the beginning and they don't aim to produce something during play. The only aim is to play. Even sometimes they will play the same game in different ways until they have finished trying all the options. Your child will process everything and every feeling that has happened during play. Your child will express fear, anxiety and dreams during play. If vaccinated that day, he/she will put all teddy bears in a row and pretend to be a doctor giving a vaccination. If the parents accepted, identified and understood the feeling while waiting for the vaccination, then the child will say during play to the teddybear 'You are afraid. You got an injection. It hurt. Now it's over and you're safe.' However, if the feeling was ignored and the child was told 'not to cry', then this can be repeated during play. In such cases it is important to identify the emotion and give the message: 'you are safe now'.



PROJEMİZHAYAT

As 'Projemiz Hayat' team, our aim is to raise large-scale social awareness and our first of many projects is 'Mummy the Brain Builders' in which the objective is to raise awareness and create solutions to 'childhood emotional neglect'.

We are always here to support with our book, seminars, training programs, web site, volunteers and activities.



For detailed information: “Geleceğe Dokunan Anneler: Çocuklukta Duygusal İhmali Fark Etme, Tanıma, Önleme” (Mothers Who Impact The Future: Identifying, Noticing and Preventing Emotional Neglect During Childhood) (Epsilon Publication, 2020)

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To support our project, you may visit: phocagoods.com