

Trying
together

The Power of Playful Relationships

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Trying Together

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Supportive Relationships Strengthen the Foundations of Resilience

Regardless of the type of adversity, the single most common finding is that children who develop resilience have had at least one stable and committed relationship with a supportive parent, caregiver, or other adult.

Center on the Developing Child  HARVARD UNIVERSITY

Social and Emotional Wellbeing in Children

Children who are socially and emotionally healthy may....

- Have close relationships with caregivers and peers
- Care about friends and show interest in others
- Recognize, label, and manage their own emotions
- Understand others' emotions and show empathy
- Express wishes and preferences clearly
- Gain access to ongoing play and group experiences
- Are able to play, negotiate, and compromise with others

Developmentally Appropriate Practice

An approach to teaching grounded in the research on how young children develop.

(NAEYC, National Association for the Education of Young Children)

What does DAP look like?

In developmentally appropriate environments, a child will...

- Move around rather than wait
- Speak rather than listen passively
- Follow a schedule based on their own needs
- Attempt to solve their own problems
- Explore their own interests
- Have opportunities to make their own choices
- Learn through experience rather than mechanical repetition

Thank You



Resources

- *Developmentally Appropriate Practice (DAP): A Guide for Parents.* https://tryingtogether.org/wp-content/uploads/2018/05/DAP-One-Pager_FIN.pdf
- NAEYC. *Promoting Young Children's Social and Emotional Health.* <https://www.naeyc.org/resources/pubs/yc/mar2018/promoting-social-and-emotional-health>
- Center on the Developing Child, Harvard University Study on *Resilience.* <https://developingchild.harvard.edu/science/key-concepts/resilience/>
- *The Toothpaste Theory of Child Development.* Dr. Junlei Li. <https://www.fredrogerscenter.org/2015/04/the-toothpaste-theory-of-child-development/>
- Healthy Play, Better Coping: The Importance of Play for the Development of Children in Health and Disease. *Neuroscience and Behavioral Reviews*, Vol. 95, 2018 pp. 421-429. <https://www.sciencedirect.com/science/article/pii/S0149763418305116>