

# Puzzled?

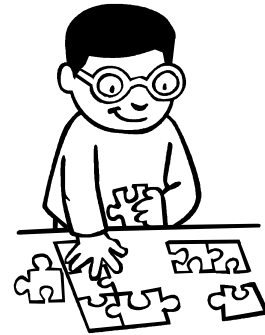
## Problems, Puzzles and Play

Young children learn through play.

Play lets children explore and experiment with objects, materials and social situations.

Play activities that involve problem-solving have the most learning potential.

Problem-solving play includes building with blocks, using new materials or figuring out how to include another person in the play situation.



Solving little problems helps a young child learn.

## How can you help?

Play is essential to learning. We all “play” when we learn new things. We experiment, we make mistakes, we watch what happens (think cooking!). These opportunities really help us learn.

### To enhance learning and play:

- Give your child some time to learn about a particular thing or play situation.
- Encourage children to do something a little beyond what they have already experimented with, and that has a little bit of a problem to it. For example, after they have played with blocks a lot, ask how high they can build.
- Talk about what happened while they played. This helps them learn words that help define the learning and clarify their thinking about problems. Here is an example, “Your tower is getting so tall...it’s leaning over...it fell down! What do you think we can do to make it stay up?”

**Deb Nesbitt-Munroe**  
Kingston and the Islands  
(613) 546-9355



**Susan Ramsay**  
HFL&A  
(613) 354-6318 ext. 32