# Children begin playing as early as in infancy

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Children begin playing as early as in infancy. It is how they begin to explore their world and interact with others. Play fosters the development of healthy, trusting relationships with caregivers and peers. Children’s first forms of communication are through their play interactions with others. Play becomes their way to make sense of the complex and stimulating environments they encounter. Play is how children learn to experience and cope with both positive and negative feelings and emotions.

## Benefits of Play:

## Supports healthy cognitive and physical development

## Supports healthy social emotional development

## Builds warm trusting relationships

## Helps young children prepare for school

## Increases social skills

