

Benefits of Messy Play: Your child's first job

From the moment a baby is born (and even before birth), they are absorbing their world through the five senses – what they see, hear, touch, smell, and taste. Children are born with a brain full of neurons. Learning about the world through the five senses develops pathways between these neurons and builds the brain!

Messy play offers an outstanding opportunity for:

- Children, to grow and learn using all of their senses. How they are hardwired to learn!
- Infants and toddlers may simply explore the materials and enjoy textures and smells.
- As preschoolers grow, they will begin to ask questions and experiment with the materials to find answers. Each child will benefit in his or her own way.
- Messy play helps children to develop concepts. These concepts are the basis for later learning. For example, as children roll and mold play dough or use fingers to paint, they learn about cause and effect—what happens when they squish it or roll it in their hands, or smear paint across a paper. They may practice counting, sorting, and grouping with the things they make with the dough, or notice changes in paint colors when colors are mixed.

Adults have an important role in messy play. They can support children as they learn from play experiences. There are many ways to do this. One way is to send your child to school wearing clothes meant for play.

Ask your child's teacher about all the other ways to support your child's first job

....to Play!