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Types of Play

Mildred Parten developed six types of play after studying children while playing. They include stages that children experience through the first five years of age. The first stage is an unoccupied play in the early months after birth to six months (Pancoast, 2019). An example is giggling. The second stage is solitary play, which happens between three to two and a half years. In this stage, the child plays alone and has minimal interest outside their vicinity. For instance, two kids playing with their toys and none is interested in the other. The third stage is onlooker play between two and a half to three and a half years. During this stage, children start to show interest in the behavior of other kids. The fourth stage is parallel, which occurs in children aged three and a half to four years. It involves children in this age group playing close to each other but not together. The fifth stage is associative play, which is an active play that occurs in kids aged four to four and a half years (Pancoast, 2019). Here children start to acknowledge each other while playing side by side. The last stage is cooperative play, active play, and a socially integrated group where children play together while sharing the same games.

In addition to that, children can learn important lessons through play. For instance, social skills like communication, cooperation, and problem-solving are learned through play. Moreover, play is healthy and can reduce stress because it leads to the healthy development of the brain at a young age and increases the children's physical well-being (Nijhof et al., 2018). The most surprising thing about the information I have just read is that as an adult we think that play is frivolous and that children engage in it because they lack something better to do. However, play has an incredible role in the healthy development of a child.

References

Pancoast, C. K. (2019). *Why Play? Learning Through Play*. Author House.

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