



PLAYFUL PARENTING

“PLAYFUL JOYFUL PARENTING AT HOME”

Mildred Obuya – AfECN WEBINAR

PLAYFUL JOYFUL PARENTING AT HOME



Key Statements

- Play is an integral part of children's development.
- Parents and Caregivers have a wonderful opportunity to grow relationships within their day to day activities in the home setting.
- The community at large must protect children's right to play and support each other so that children are creatively engaged, making every moment count.

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PLAYFUL JOYFUL PARENTING AT HOME

- **Right**
- **Responsibility**
- **Relationships**
- **Rich Opportunities**
- **Raising Awareness**





PLAYFUL JOYFUL PARENTING AT HOME

1. **RIGHT** – Every child has a right to engage in play...

“That every child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts. That member governments shall respect and promote the right of the child to participate fully in cultural and artistic life and shall encourage the provision of appropriate and equal opportunities for cultural, artistic, recreational and leisure activity.”

~Article 34, the UN Convention on the Rights of the Child





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2. **RESPONSIBILITY** – Every parent or caregiver has the responsibility to ensure that children get opportunities to engage in meaningful safe, engaging, creative and fun activities which will aid their growth and development.

- **Level Appropriate Activities**
- **Safe and Secure Environments**
- **Freedom of Choice**
- **Adequate Play Materials**
- **Creation of a Routine**
- **Wellness of Parent or Caregiver**



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3. RELATIONSHIPS – Opportunities of play and meaningful interactions between parent and child allow for strong bonds to form between parent and child and this secure relationship allows a child to know that the parent or caregiver is present and is responsive.

- Child's development is affected by these relationships.
- The relationship must be worked on continuously.
- Children thrive in secure relationships.
- Parents and children learn each others temperaments.



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4. Rich opportunities

The home setting provides rich opportunities for parents to engage children in play, and in so doing allow children to **take risks**, solve problems, **develop creativity**, develop imagination and learn how to **adapt to new situations**.

Moments that we create for children to play, give them the opportunity to **learn about themselves** and to **learn about the world around them**. As they do so they **conquer their fears**, develop new competencies and **discover their own areas of interest!**



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5. Raising awareness

As key stakeholders, we have the responsibility to continuously provide support through trainings, sharing of ideas, demonstrations (*to parents and caregivers*), so that they can embrace the idea of play and understand the rich opportunities they have within the home setting and moments with their children.



How?



- Encourage parents and caregivers
- Share ideas
- Raise awareness
- Learn to share and share as you learn
- Be the play ambassadors in your community.

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“Playful joyful moments at home, do not just happen. They are made to happen, and when they do happen they change an entire generation for the better”.