

kids therapy made simple

# Developmental Stages of Play

Depending upon which theory of practice you choose to follow, there are numerous different stages of play. Although particular theorists have unique labels for developmental stages of play, when you actually look into it, they are all addressing the same thing.

It's like a to-mo-to/to-moh-to situation. You say it one way, I say it another, but we are both talking about the same thing.

In the world of occupational therapy, play is one of the most important occupations a child engages in. This handout will look at the development of play skills from an occupational therapy point of view. Each stage of play increases in complexity by building upon an earlier stage. Critical stages of play from birth to 5 years of age will be addressed.

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#### 0 - 6 months

#### Sensorimotor Play

 children engage in activities through manipulation of body or objects in order to explore their sensory characteristics (e.g. mouthing a block, shaking a rattle, banging a toy)

#### 6 - 12 months

#### Exploratory Play

- <u>functional play</u>: children begin to use toys according to their functional purpose (e.g. cause & effect toys - if I push the button, the music plays)
- social play: focus is on attachment to caregivers/parents

#### 12 - 24 months

- functional play: performs multiple related actions together
- gross motor play: children roll, crawl, and walk to explore all spaces in the room - children enjoy sensory experiences of gross motor play (e.g. swinging, dimbing, nursing)

#### Relational Play

- pretend/symbolic play: makes inanimate objects perform actions pretends that objects are real or that they symbolize another object
- social play: children begin to notice peers - participate in parallel play, participate in groups of children, watch other children.

#### 2 - 3 years

#### Symbolic/ Imaginary Play

- children engage in longer sequences of play (e.g. feeding beby doll extends into taking beby doll for a walk, bathing beby doll, putting beby doll to sleep!
- constructive play: participate in drawing and puzzles
- gross motor play: participate in jumping and rough-and-tumble play
- . social play: parallel play dominates.

#### 3 - 4 years

#### Complex Imaginary Play

- children pretend objects have actions that reflect roles in real or imaginary life
- constructive play: creates art with adult assistance - work on blocks & puzzles
- gross motor play: physical play, swinging, sliding, jumping, and running
- social play: plays with other children, sharing, talking about the goal of play engages in singing and dancing in groups

#### 4 - 5 years

#### Games with Rules

- children participate in games with simple rules - organized play with onescribed roles
- social-dramatic play: children engage in role play (e.g. playing house, doctor, super heroes) - enjoy dress up and story telling

# Readings In Early Development For Occupational And Physical Therapy Students

**C Cleary** 

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