



When Play Isn't Easy: Helping Children Enter and Sustain Play

Sandra Heidemann, Deborah Hewitt

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Support children who are struggling to enter and sustain play

Play is key to young children's development and one of the most influential ways they learn. Sometimes, though, play isn't easy for children. They may find it hard to fit in, get along, or collaborate with peers. With your help, children can learn more effective strategies to engage in productive play.

This interactive workbook encourages thought, reflection, and discussion as you carefully observe play, identify where children's strengths and struggles are, and offer strategies to improve their play skills. It provides a detailed look at the Play Checklist introduced in the authors' book *Play: The Pathway from Theory to Practice*, and an exploration of how play connects to early learning standards. Use this workbook to deepen your understanding of how developmental challenges affect children's play skills—and make play an easier, more enjoyable experience for all children.

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