



## Play is the Key to University

This interactive talk will take a look at why children play, and how they learn most of what they need in life, academically, socially and emotionally, through play. Judy will discuss how adults, teachers and caregivers can support a free "play ethic" and further the development of creativity, problem solving and communication skills so desperately needed in the digital age.

Your audience will:

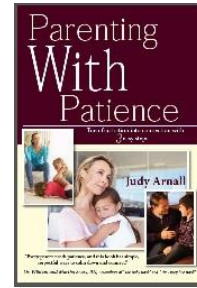
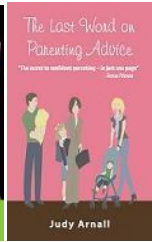
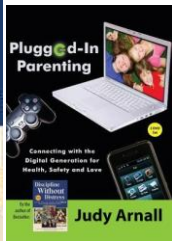
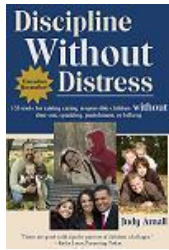
- Learn why free play is a component of a healthy life and a brain building activity essential for children and adults.
- Examine how categories of free play impacts child development socially, emotionally, physically and cognitively.
- Identify the barriers to free play and how to overcome them.
- Discover how parents and teachers can facilitate play and creativity.
- Distinguish between free play and organized play.
- Compare the benefits of unstructured toys with structured toys.
- Learn how to continue play into the adult years.

Target Audience: Parents, corporate, educational and health organizations.

By Judy Arnall, BA, DTM-Distinguished Toastmaster, CCFE-Certified Canadian Family Life Educator

Judy Arnall, BA, DTM, CCFE, currently teaches parenting at The University of Calgary, Continuing Education, and has taught for Chinook Learning, Families Matter, and Alberta Health Services for the past 13 years. Judy is the author of the International print bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** (translated into 5 languages) and the newly released ***Parenting With Patience: Turn frustration into connection with 3 easy steps***. [WWW.PROFESSIONALPARENTING.CA](http://WWW.PROFESSIONALPARENTING.CA) [Jarnall@shaw.ca](mailto:Jarnall@shaw.ca) 403-714-6766, Join our list for monthly notifications of free parenting webinars

Judy has written bestsellers:



Judy is authorized and certified to teach:

