



PLAY sense

**PROSPECTUS 2019**

*'Education is not the filling of a pail, but the lighting of a fire'*  
Yeats

## **Introduction**

Welcome to Play Sense 2to3, a unique concept in early childcare and education. As the name suggests, Play Sense 2to3 caters specifically for the needs of two-to-three year olds.

At Play Sense we believe that emotional engagement and learning happen best in a nurturing environment where play is the key to the learning journey.

Play Sense will assist you to give your child the best foundation, by providing qualified early childhood teachers and therapists to guide your toddler's learning journey in a nurturing playgroup of 4-6 children in a home setting.

## **Your two-to-three year old**

During the third year of childhood, emotional resilience, self esteem and the foundation for learning is laid down. The toddler experiences and learns about himself, the world and others through play. Guided and free play provide the opportunity for learning and are a strategy to teach and nurture skills that will prepare the pre-schooler for formal education later. This is the start of a lifelong journey of learning.

Socially, the two-year-old child is ready for group interaction and stimulation, but still needs a lot of individual attention, affection and emotional security, all of which can only be provided within a small group. Being cared for in a large group does not allow for attuned care and guided play. Many toddlers are 'lost' in the group when introduced to large education settings too young.

Toddlers learn all life skills through the magic of play. It is a time when children are fascinated with the world around them and they will seek opportunities to master their world and express feelings and thoughts through play and activities. A skilled teacher will make this learning experience come to life.

## **Play Sense**

Play Sense offers a secure bridge between home and preschool. The playgroup is set up in a home-based environment. The ratio of teacher to child starts at 1:4 and is never more than 1:6 by the child's third birthday.

Through creative activities, stories, songs, games and lots of fun, your child will gradually be guided towards structure within a group. This will make the adjustment to preschool a smooth one. As the group numbers are kept to a maximum of six children, each child is given the space to express their individuality. All lessons are based on play and within a flexible routine, as is appropriate to this age group.

The Play Sense 'PlayPlan' has been thoroughly researched and carefully designed with best practise in mind. As Occupational Therapists, the founders prioritise your child's emotional development as the foundation for all other learning. There are five main goals of the Play Sense Program:

1. To develop resilient, emotionally engaged children who are attuned to their own and other's emotions and able to self regulate their own behaviour.
2. To encourage a strong sense of identity and belonging and develop empathy and care for others and the environment.
3. To nurture the foundation for the learning journey, namely creativity, inspiration, intrinsic motivation and active exploration to learn. We call these the 'Super Senses'
4. To develop executive function in little ones, this is the motivation to accomplish goal directed tasks through the skills of problem solving, decision making, flexibility and judgement
5. To support the developmental goals of the two-to-three year old in terms of gross motor, fine motor, language and cognitive skills.

John Medina, neuroscientist and author of Brain Rules for Baby says "Human learning is ...primarily a relational exercise. Intelligence is developed in the arms of warm, loving people". We couldn't agree more!

## **The Play Sense team**

**Megan Faure**

Best known for co-authoring Baby Sense and founding the Baby Sense company, Meg is an Occupational Therapist with a passion for the care and development of babies and young children. Meg started the first 2to3 groups 17 years ago for her own son and is delighted to be involved in formalizing the program with Lara.

Meg has worked in pediatrics in the USA and South Africa for two decades and continues to see babies at her practice in Cape Town. In addition, Meg regularly lectures to both professionals and parents on various baby and childcare issues. She is a journalist and author in the field of child psychology, parenting and child development. She has written Baby Sense, Sleep Sense, Feeding Sense and Your Sensory Baby. Meg writes for several regional and national publications in the UK and South Africa.

### **Lara Schoenfeld**

Lara is an OT who started Nanny 'n me three years ago after experiencing the struggle of being a part time lecturer at UCT and a mom. She really wanted to ensure that her children's need for a secure loving environment that provided rich, varied play opportunities was met. It was her nanny who taught her so much in terms of her own childhood – she had never painted or built a puzzle until being employed in Lara's home. Lara now employs a team of twelve OTs who facilitate weekly hands on learning groups with nannies and the child they care for. She is a speaker at many baby clinics on "Leaving home with peace of mind – back to work blues". She dreams of seeing her business model change early childhood education in the lives of nannies communities as well.

### **Services offered**

- Training of qualified Occupational Therapists or early childhood teachers, in the principles and Play Plan of the Play Sense 2to3 program as well as First Aid
- Supply of basic equipment for the running of the group
- Assistance in setting up an appropriate group of children in your area
- A model for the care and education of your two-to-three year old, including a parent's manual, which covers development and the program in depth, including the running and management of the group
- On-going support for teachers
- Parenting talks and workshops

### **Play Sense Setup**

#### **Hours**

Keeping in mind the midday sleep requirements and socialisation capacity of two-to-three year olds, the hours are limited to 3 ½ hours of playgroup time. The playgroup usually starts at 8h30 and finishes at 12h00. Alternate hours may be negotiated with each individual teacher.

#### **Daily Routine**

08h30 – 08h45 Settling in and paired reading with caregiver  
08h45 – 09h00 Story, Music and Movement  
09h00 – 09h45 Sensory play and Free play  
09h45 – 10h00 Snack time  
10h00 – 11h15 Outdoor play, Concept play and 'Play plan'  
11h15 – 11h30 Story

#### **Placement fee**

The placement fee of R2000 per child is due upon the placement. This amount is payable one month prior to commencement of the group or immediately upon enrolment into an existing group. If the teacher is found to be unsuitable within two months of the placement, she will be replaced at no further cost.

#### **Fees**

School fees are due monthly in advance, no later than the 30<sup>th</sup> of the month. The fee structure is attached separately.

## **On-going running of the group**

Once the group is set up we encourage parents to take ownership of and responsibility for their group. This means that all decision-making is negotiated between the group of parents and the teacher. This covers every aspect, including hours, holidays, the addition of new children and increasing numbers or days, as well as the responsibility to maintain the number of children if one leaves. Although it may require some effort on the part of the parents it is this control that is part of what makes Play Sense 2to3 unique and appealing to most moms.

***We believe that formal schooling in big groups is not age appropriate for most two-to-three year olds. If you are looking for a more age appropriate solution for your child's first experience outside the home, please feel free to contact us and we'll be happy to answer your questions.***