



هيئة أبوظبي
للطفولة المبكرة
Abu Dhabi Early
Childhood Authority

Importance of Play for Children

The right to play is one of the essential rights of every child. Besides promoting physical and mental health, play helps children develop their mobility and creative skills. Through play, children can gain many skills, refining talents and shaping their personality. It promotes a set of important attributes that ECA aspires to every 8-year-old child in Abu Dhabi.



Health & Nutrition

Healthy Play

Play greatly improves children's health, well-being, motor, and cognitive skills. It further helps children:

- Achieve optimal physical development and well-being
- Enhance communication, interaction, and engagement skills
- Acquire various skills
- Feel a positive sense of self
- Feel valued and respected
- Build positive and supportive relationships with peers
- Cope with stress and adversity appropriately
- Treat adults and peers with kindness



Family Support

Interactive Play with Children

Interactive play with children strengthens family bonds and develops the child's sense of belonging to their family and community. It further helps children:

- Live in a stable and secure home environment
- Build loving and caring family relationships
- Strengthen parents' role in ensuring children development and well-being
- Treat family, friends, and community members with respect
- Understand social and cultural heritage
- Demonstrate a strong sense of national pride



Early Care and Education

Learning through Play

Play is important to improve children's learning skills, develop their social and creative abilities. It further helps children:

- Actively and joyously engage with others
- Express feelings appropriately
- Understand social conventions and behave well with others
- Perform adequately in math, science, and reading
- Demonstrate emerging logical thinking and problem-solving skills
- Use technology appropriately and responsibly
- Regularly engage in cultural and artistic activities
- Be curious about people and how things work
- Display imagination, initiative, and creativity



Child Protection

Safe Play

Play is one of the most interactive activities for children. However, parents and caregivers must be aware of playing several risks, to protect their children while playing. They should:

- Ensure children are protected from dangers in their physical environment
- Ensure children are protected from risks of online games and screen exposure
- Monitor and engage with their children while playing, as well as ensuring they are safe from harm
- Get to know their children's playmates
- Ensure children are using PPE while doing some sports like biking, climbing, swimming, and others
- Discuss playtimes with children and encourage them to demonstrate good practices when playing

The competition is for you and the prizes for children.

To participate please

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