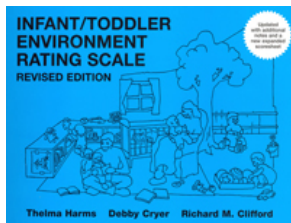


Sand and Water Play

ITERS-R Indicator	Why is this important?
<ul style="list-style-type: none"> Sand or water play should be offered daily to children 18 months or older – see examples on page 273. A variety of toys (size, transparency, shape, color, or level of challenge) should be used for sand/water play – see examples on page 275. 	<ul style="list-style-type: none"> Sand and water play offer opportunities for children to use their senses and discover the natural world. Sensory experiences are an important role in a toddler's cognitive development. It is considered a learning activity while also being a stress-reducing activity. Children learn eye-hand coordination, self-restraint (not eating the sand or drinking the water), and are able to exercise their small muscles during sand and water play. Materials enhance the children's experience and with a variety it increases the level of quality.
<ul style="list-style-type: none"> Close supervision (be able to see, hear, and easily reach children participating) should be provided during sand or water play. Children should not be allowed to drink, eat, or throw (in a way that would endanger or hurt anyone) water or sand. 	<ul style="list-style-type: none"> Sand and water pose potential dangers to children if not closely supervised. Children in this age group are most vulnerable to germs and illnesses because they still have weak immune systems and developmentally cannot protect themselves. <ul style="list-style-type: none"> Water – children can drown in less than an inch of water. Water or sand can cause falls if spilled on the floor and not cleaned up immediately.
<ul style="list-style-type: none"> Different activities should be done with sand or water – see page 278 for examples. 	<ul style="list-style-type: none"> This gives children broader experiences for them to learn and develop skills.
<ul style="list-style-type: none"> Sand or water play activities are set up to facilitate play – see page 277 for examples. 	<ul style="list-style-type: none"> Facilitating play means the staff have provided space, time, and materials for children to benefit from the experience of sand and water play. This keeps children's interest and children can have meaningful experiences. If the area is too crowded, if there is not enough toys/materials, or if there are too many children, the activity will become competitive and will be unsuccessful.



SOURCE: *Infant/Toddler Environment Rating Scale (ITERS)*