

Dramatic play is a form of the performing arts. Here are just a few of the benefits that occur through dramatic play:

- Education
- Therapy
- Development of social skills
- A sense of power through reenacting experiences
- Increased development of language skills
- Learning differences between reality and fantasy
- Understanding symbols (using items and toys as real life objects)
- Even relief from emotional chaos and tension

Encourage your child to “dance about” what they have experienced. When a child dances she is expressing some of what has been used in daily experiences and dramatic play. Having a child dance or act out his feelings about a friend, a sibling, a pet, an experience moves that experience into the body and out for someone else. When a child is encouraged to communicate with her body she often feels less frustrated, calmer and better understood with greater empathy. Try “dancing about” something you want to communicate to your child that is a little beyond words and see what happens.