HB7250 AN ACT CONCERNING THE IMPROVEMENT OF CHILD DEVELOPMENT THROUGH PLAY

3/6/19

To Whom it May Concern
I am writing this testimony in support of the Bill HB7250 AN ACT CONCERNING THE IMPROVEMENT OF CHILD DEVELOPMENT THROUGH PLAY to promote the 50 minutes of recess time for K-5. I have been an Early Childhood Professional for the last 30 years. I truly know and understand the importance for gross motor play is for development. I am currently the ECE Coordinator at Norwalk Community College. The current research in our field supports this Bill and its importance. Right now with all of the pressures academically and within our society children are developing more anxiety, depression and other issues related to stress. This type of play is a positive outlet and helps children to decompress from the pressures of their day. When engaging both sides of body it in fact engages both sides of the brain which increases children’s cognitive function and ability to focus. Which in turn makes their accomplishments academically more achievable. Socially children have the opportunity to engage with one another and to use language and creativity in their play. In lieu of technology and screen time, children are not engaging as much with each other. Obesity, and other health risks are on the rise due to lack of outdoor and physical time. It is critical that we support all domains of development and I know this Bill will certainly do this.
If you have any questions or would like more information please contact me.
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