



Proudly promoting the value of play and  
supporting all Australians to play every day

## Welcome to the Play Australia Early Years Series

# Early Years SERIES

**FREE  
ONLINE  
EVENT**



**Robyn Monro Miller**

*The Power of 30 minutes  
Play and the Developing Brain*

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**Thursday 17 February**

**4.00PM (AEDT)**

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**REGISTER [www.playaustralia.org.au](http://www.playaustralia.org.au)**



- Play Australia is the peak national advocacy organisation for PLAY.
- We support outdoor play by way of inspiration, advice, access to information and professional services.
- As the Australian branch of the International Play Association (IPA) we protect the human rights of all children to play, as recognised within Article 31 of the United Nations Convention on the Rights of the Child.



Become a **Play Australia Member** now, to help us protect the rights of children in Australia to 'play today'.

We have a range of tailored **Membership Packages** to suit both individuals and organisations.

Subscribe to our free **Play Today eNews** for updates.

# Article 31 is

a **vital** dimension of childhood itself,

**fundamental** to the joy, fun and sheer pleasure of growing up.

Furthermore, its effective implementation will contribute to children's

**development**, not only as individuals, but also as

**competent** members of society,

**aware** of the perspectives of others,

and

**capable** of co-operation and conflict resolution.”

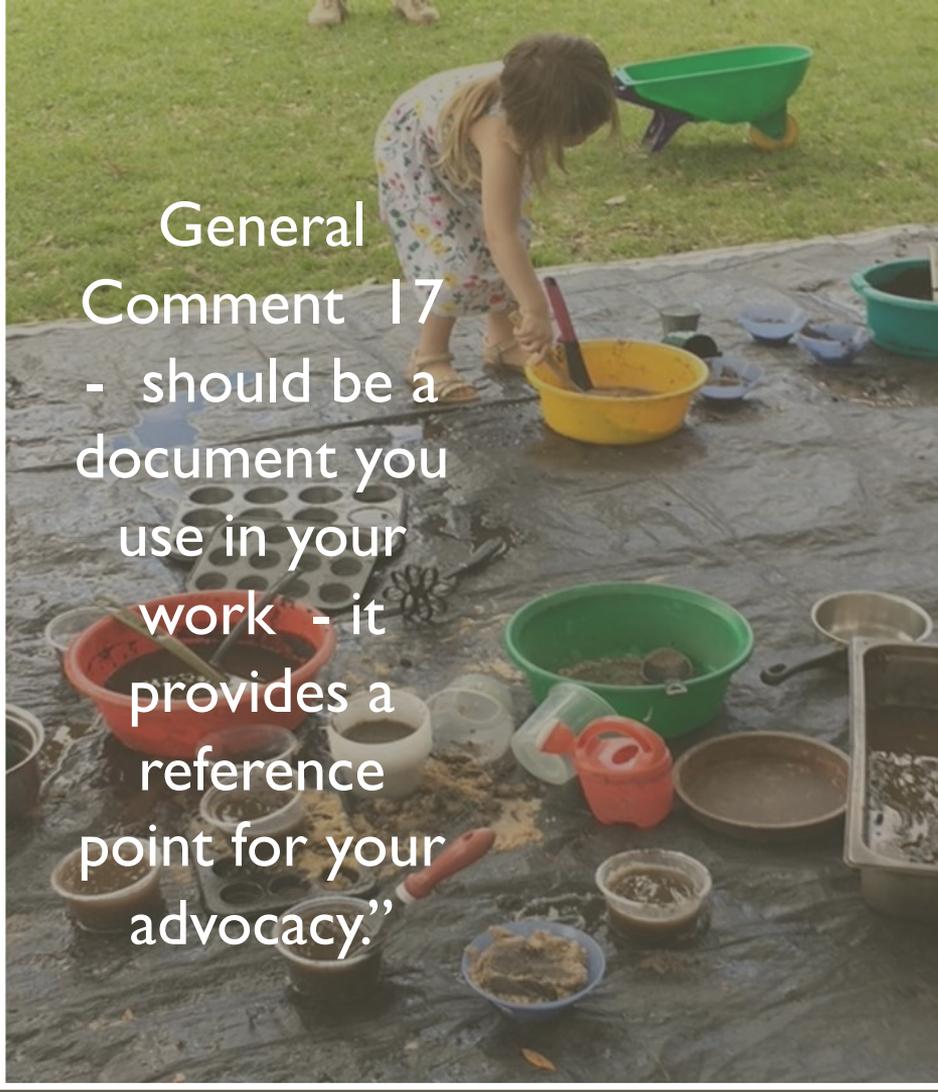
Committee on the Rights of the Child

General Comment 17

October 2012

[http://ipaworld.org/wp-content/uploads/2013/11/IPA-Summary-of-UN-GC-article-31\\_FINAL1.pdf](http://ipaworld.org/wp-content/uploads/2013/11/IPA-Summary-of-UN-GC-article-31_FINAL1.pdf)

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A young child with long brown hair, wearing a floral dress, is playing with water on a grey tarp outdoors. The child is leaning over a yellow bucket, using a purple shovel. Surrounding the child are various toys and containers, including a green wheelbarrow, a green bucket, a red bucket, a white bucket, a blue bucket, a metal tray, and several small bowls. The background shows a grassy area.

General  
Comment 17  
- should be a  
document you  
use in your  
work - it  
provides a  
reference  
point for your  
advocacy.”

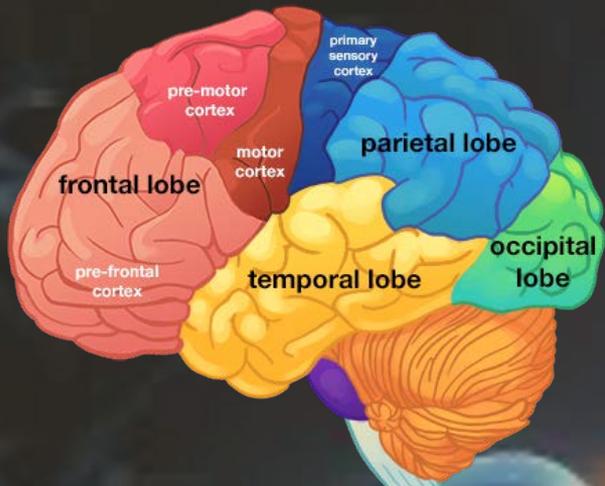
# Play is a biological necessity.

Practised by all animals with complex social structures. Play should sit alongside good nutrition and adequate sleep in importance to children's development.

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Neurotransmitters  
keeps the brain functioning.

**Neural Plasticity..**  
The ability of the brain to  
change through growth  
and organisation. Means  
you can **LEARN** new  
skills.

Prefrontal cortex of brain is where  
The executive function is.

Neurons  
... 100 billion

synapses

**B**rain  
**D**erived  
**N**eurotrophic  
**F**actor

A key player in brain plasticity, learning  
and memory.

Learning to navigate  
complex social  
relationships..

# Child Directed Play

... a kids introduction to  
democracy and moral  
development.

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The first pathway to participation...

# Loose Parts Play

...the brain and body workout for kids. Supports problem solving and development of metacognition. The ability to think!

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Experience the joy and risk of  
new and old adventures and  
experiences

## Active Adventurous Play

... releasing neurotransmitters,  
in particularly Dopamine, in  
the brain for executive  
function, motor control,  
motivation, processing and  
information retention ... .

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Looking at an old  
behaviour through a  
different lense..

# Rough and Tumble Play

... increasing levels of BDNF for  
learning, memory and brain  
plasticity. Improves social  
cimpence and cognition not  
just now but later in life.



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Time to get lost in the moment...

# Play Immersion Or Flow

...improving the executive function of kids including focus, information retention and concentration.



# Self Directed, Unstructured Play...

is a biological necessity... growing and training the brain.

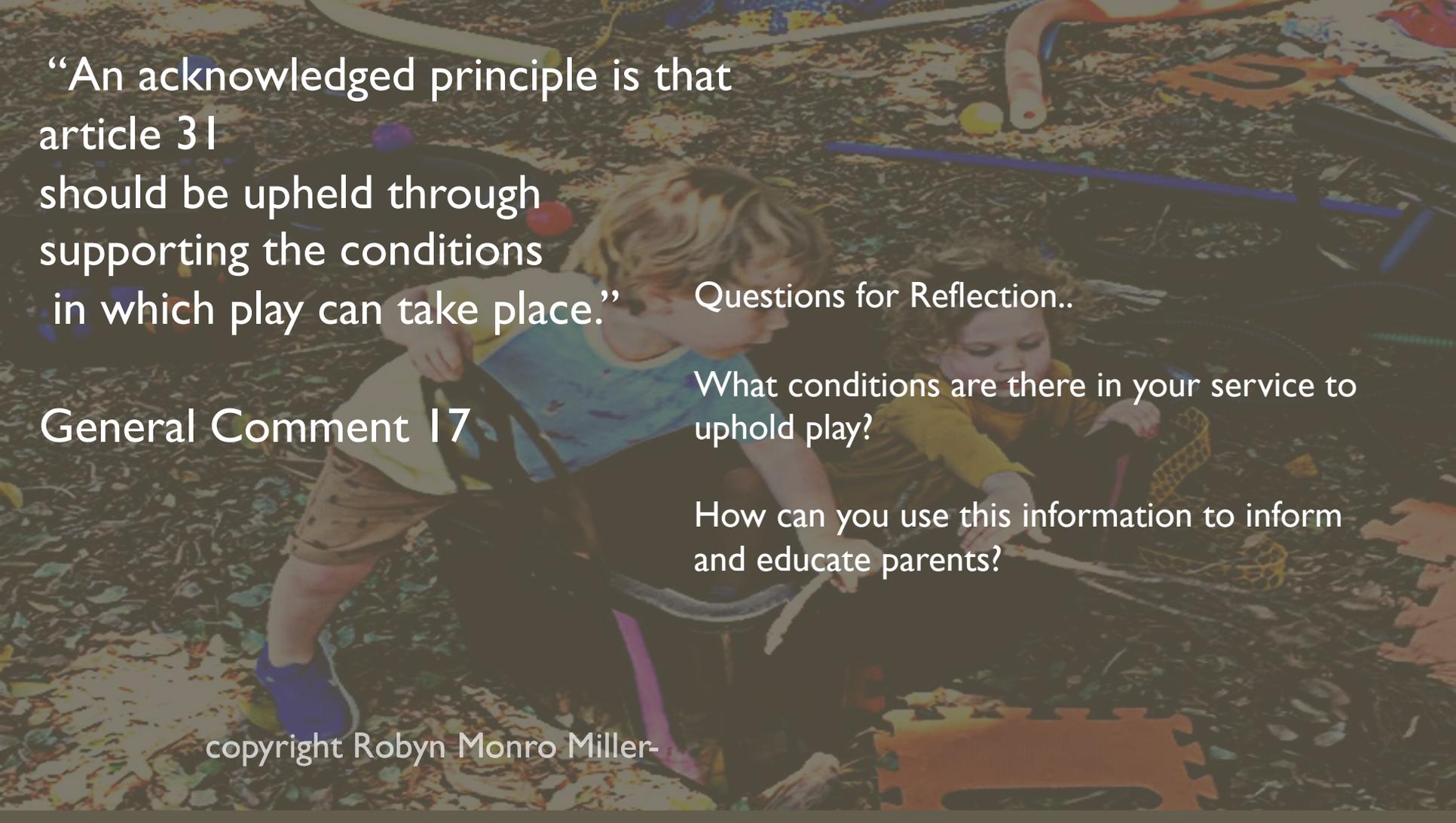
Stimulates the brain releasing neurotransmitters like Dopamine for cognitive function and physiological functioning.

Increases levels of BDNF, a key player in brain plasticity which helps learning and memory and protects the brain, both in the short and long term.

Trains brains to navigate the complexity of relationships and manage risk.

Provides a framework for understanding of democratic principles, social justice and community participation.

A human right.

A photograph of two young children playing on a floor covered with dry leaves. The child on the left is wearing a light blue shirt and brown shorts, and is leaning over a black bag. The child on the right is wearing a yellow shirt and is also leaning over the bag. There are various toys scattered around, including a blue ball, a yellow ball, and some colorful sticks. The background is a dense layer of brown and yellow leaves.

“An acknowledged principle is that article 31 should be upheld through supporting the conditions in which play can take place.”

## General Comment 17

Questions for Reflection..

What conditions are there in your service to uphold play?

How can you use this information to inform and educate parents?



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