

A Practical Guide to Understanding Solitary Play

in young children

What is solitary play?



Solitary play is when the child is playing alone with objects that are different than the objects children around them are playing with. The child is not interacting with those around them as they play.

Why is solitary play important?

- Encourages independence as children learn to engage in their environment by themselves
- Allows children to explore their senses and motor actions



Begins in infancy and continues through the preschool years

How does solitary play support children's development?

Solitary play promotes the development of:

- creativity and imagination,
- persistence,
- a sense of initiative,
- concentration,
- problem solving,
- self-esteem,

and much more!

How can adults support solitary play?

- Provide age appropriate toys the child can play with independently
- Provide positive attention as the child plays
- Rotate toys to keep the experience new and fun for the child
- Provide the child with time and space to engage in solitary play

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