



Why Play Matters:

Airway, Movement, & Healthy Development

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GET YOUR PLAY ON!



Why Play Matters:

**Movement, Airway &
Healthy Development**

**Presentation Slides
Part 1**

The following slides are part of a collaborative presentation titled – *Prescription for Play: Playtime Pearls for Optimizing Airway and Oral Functions.*

Date: March 16, 2019

Location: CSHA 2019 Annual Convention, Pasadena, CA.

Part 1 – Description

This presentation examines how reduced physical play intersects with modern risk factors—including sedentary lifestyles, processed diets, suboptimal craniofacial growth, posture changes, technology exposure, and sleep disruption—to influence airway development, oral function, and regulation in today’s childhood landscape.

A Prescription for Play® Resource

For educational purposes only. Proper citation requested.

Benefits of Play

Sensory

- Exposure to different textures
- Interaction with the world
- Overall body awareness
- Aids memory for new learning
- Promotes cranial nerve function

Motor

- Static and dynamic posture
- Practice large & small muscle use
- Weight bearing for bone growth
- Encourages respiration
- Expands experiences

Exploration, problem solving, creativity, & self-regulation

Benefits of Play



Social

- Buffers against stress
- Promotes collaboration
- Develops empathy
- Shared attunement



Emotional

- Self-regulation
- Autonomy
- Promotes resilience and grit



Benefits of Play

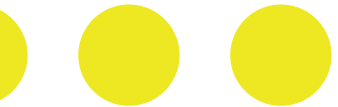


Sleep

- Reduced sleep latency
- Restorative
- Human growth hormones
- Craniofacial respiratory growth

Cognitive

- Problem-solving
- Generating novel ideas
- Executive function skills
- Improves learning & academics



Benefits of Play

Airway

- Improves lung function
- Strengthens the musculoskeletal system for optimal posture
- Reduces BMI & potential for comorbid conditions

Oral Function

- Normalizes the oral sensory system
- Provides opportunities for speech acquisition
- Reduces parafunctional habits
- Chewing



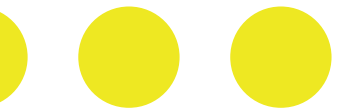
Intake Pearl - for Pediatric Professionals



While you have opportunities to observe parenting styles in a clinic setting, consider asking caregivers about their parenting styles to get a big picture

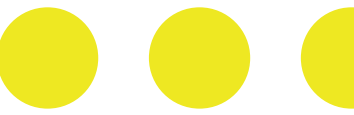


- In a few sentences
- A checklist that allows them to mark off relevant statement





Playtime Pearls - for Parents & Professionals

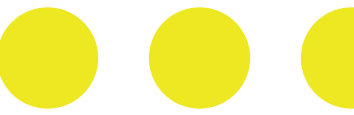


- Parents are their child's first teacher
- Follow a child's lead
- Make connections to give meaning to play
- Stay within the *zones of proximal development*





Playtime Pearls - Considerations

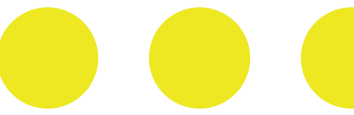


- Movement is essential - indoor and out
- Consider movements in different *planes of play* (Robbins, Archambault, Mitchell, 2020)
 - sitting
 - standing
 - supine
- Standing increases executive function skills & working memory (Mehta, Shortz, & Benden, 2015)
- Play incorporates the senses, which promotes cranial nerve function





Take the Pressure Off - 5 Easy Steps to Play



- Schedule a doable amount of time. Start with 15 minutes each day
- Find ways to incorporate play into daily routines
- Designate a safe outdoor space for play
- Allow children to be the directors of their own play
- Play items - it doesn't take much



 **Playtime Pearls: Encourage parents to be playful with their children.**



Play is Imaginary - What really happens when children dress-up



- Role play allows for endless opportunities to utilize the craniofacial respiratory complex for articulating a wide range of sounds and speaking in different volumes and tones, while coordinating these actions with appropriate breath support.
- Communicating a character's feelings activates facial muscles crucial for breathing
- Creating settings such as tea parties, dining out, and grocery shopping can utilize real foods and help children to normalize the oral sensory system and skills for chewing and swallowing.
- Role play facilitates empathy



Playtime Pearls: Imagination has no limits

Playtime Pearls - Oral Resting Posture

Indoors

- Hide n' seek
- Scavenger hunts
- Playing board games
- Building (Legos[®], Jenga[®], Magna Tiles[®])
- Beach ball hop[™]
- Balloon taps[™]
- Arts n' crafts

Outdoors

- Hide n' seek
- Scavenger hunts
- Bean bag toss
- Frisbee
- Kicking a ball
- Hiking in nature
- Four square



Thank You!



GET YOUR PLAY ON!