

The Impact of COVID-19 on The Play of 3- to 10-Year Olds

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BACKGROUND:

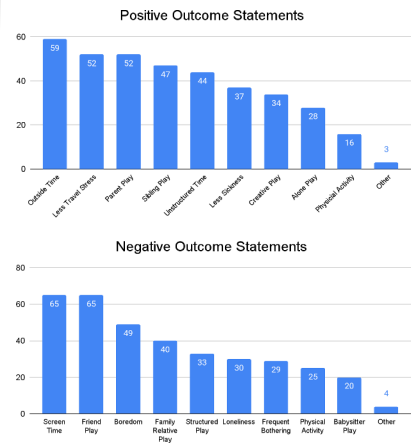
- > Pandemic has wreaked havoc on mental health
- > Children some of the most at risk
- > Play = crucial for good mental and physical health in children
- > How has COVID-19 pandemic impacted play?

METHODS:

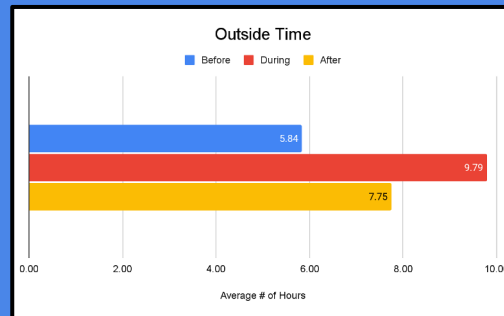
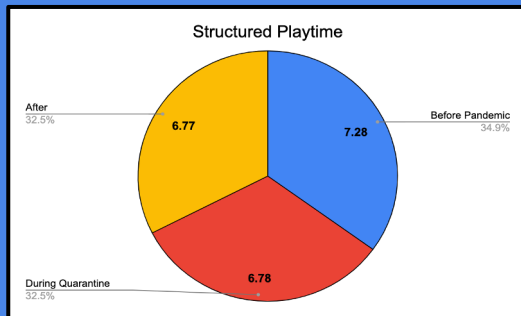
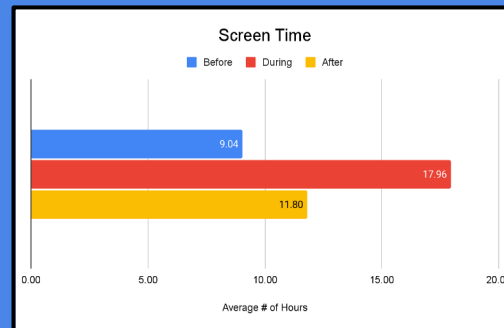
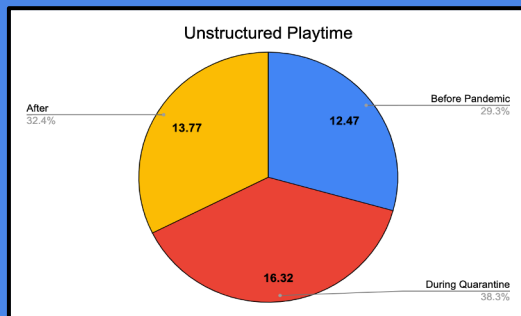
1. Surveyed **67 parents of 79 children** in Survey 1 and **61 parents of 101 children** in Survey 2
2. **Parent Survey:** 48 questions: time spent with others, social distancing, outdoor vs. indoor play, structured vs. unstructured play, & screen time
3. **Child Interview:** 30 questions regarding time spent inside vs outside, screen time, interest in certain types of play, & extracurriculars

RESULTS

Parents asked about effects of COVID on Play:

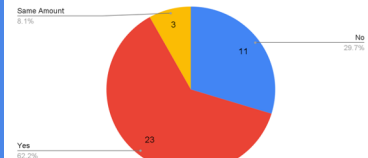


COVID-19 Has Significantly Impacted Child's Play



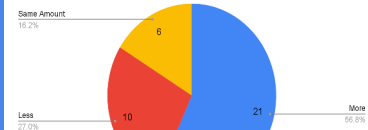
Children re Outside Time

Do you play outside more since we had to stay home because of Covid-19?



Children re Screen Time

Do you think you have more or less screen time now since Covid-19 started (not including school work)?



9 months later:

- **27.9% said play outside more now than before pandemic** (59% said same)
- **52.5% said more unstructured play now than before pandemic** (37.7% same)
- **68.9% said more screen time now than before pandemic** (29.5% said same)
- Children incorporating pandemic into play:
 - Giving shots 'for the virus'
 - Play 'virus' / 'doctor' more
 - Put masks on dolls, pets, Barbies, stuffed animals
 - Incorporate masks, social distancing, hand washing, quarantine, remote learning, remote meetings for 'work' into play
 - Drawing masks and sanitizer



Scan the QR code for access to this poster and more information about this study!

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