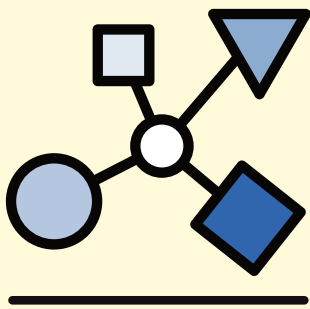


FACT SHEET

play

Connects Communities



When children walk or ride bikes/scooters locally, they have more opportunities for incidental play within communities plus more opportunities to connect with neighbours, which improves everyone's wellbeing.

Adults must provide time, space and freedom for children (when they are ready) to be independently mobile within their communities.

Seeing children out and about locally demonstrates a more connected community that values children and their right to play.

STRANGER DANGER



'Stranger Danger' is identified as being the key barrier for parents to physical activity and independent mobility in their children

STREET PLAY



73% of adults said they played on the street when they were young compared to only 24% of their children

PERCEPTIONS



In communities where people actively engage with others, perceive their neighbourhoods to be safe and have a positive sense of belonging, children's safety, health and wellbeing are enhanced



Challenges we face

- Many adults do not understand or value the importance of play
- Lack of neighbourhood mobility for children occurs because of adult fears about traffic, crime and perceptions of being seen as an irresponsible parent
- Lack of community connection for children occurs who are often not seen publically in their local neighbourhoods



What You Can Do

- Try to walk or cycle with your children as much as possible in your local neighbourhood. That may be to school, pre-school, the playground or other regular activities
- Use the journey for exercise but also to explore your local neighbourhood – this may take time but is well worth the practice!
- Allow children the opportunity for incidental play and/or games along the way. This may simply be balancing on a wall, jumping over cracks in the footpath or guessing games
- Children being independently mobile in their neighbourhood should be worked up to during primary school. This depends on the confidence and competence of the individual child and neighbourhood

Definition of Children's Independent Mobility

Children's independent mobility is defined as the ability of children and adolescents to walk or cycle around their neighbourhood without adult accompaniment. The benefits of this are a working knowledge of the local community and area, connection with others and the opportunity to explore and play informally.



make time today for outside play



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