

## Remember when...

Wasn't it fun when you played out?



playing with friends

making your own fun

having adventures

climbing trees



building dens

freedom to explore



finding special places

getting dirty



Do your children have the same freedoms?

## Playing out: busting some myths

It's natural to worry about children's safety when they play out, but some worries are not backed up by the facts...

**Stranger danger** is at an all time high.

✗ myth

**Child abductions in the UK have not increased for the last 30 years** (1). Media headlines about the number of "stranger danger" cases make us think they are more common than they really are. (1) NSPCC figures.

✓ fact

**Roads too dangerous** to let children out on their own.

✗ myth

✓ fact

**Decrease in child road injuries in Britain** (1). In 1976 there were 668 fatalities amongst children aged 0-15. By 2008 this had reduced to 124. (2)

(1) NSPCC figures.  
(2) Department of transport figures.

If we don't let our children out to play, we run a real risk of harming their health and happiness.

## Helping children to play out

If a child is lost or in trouble, most adults will help - talk to your child about this.



Learn road safety - walk around local roads with your children, point out danger spots and help them choose safe routes.



When your children are old enough to go out without you, give them time and space limits, and ask them to phone if they get delayed.



Make sure your children know how to use public transport.



Play out with your children in all weathers. Playing out isn't just for fine days.



Make sure your children know how to contact you in an emergency.



Get to know other parents, so that you can keep an eye on one another's children.



Look out for safe and fun places in your neighbourhood where your children can play.



Make sure your children can ride a bike safely - look out for 'bikeability'.



Make sure your children learn how to swim.



For further information phone:  
01904 553426



For further information visit:  
[www.yor-ok.org.uk/play](http://www.yor-ok.org.uk/play)



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## All children need play!

Children play because it's fun, but play is good for them too. Play, especially outdoors, helps children to:

build relationships

learn about the world

learn respect for others

feel happy and confident

become independent

become fit and agile

try out new skills

solve problems

learn how to cope with risks

test their abilities

"Play is what I do when everyone has stopped telling me what to do."

## Helping your children to play out

The City of York Council have invested in many parks and open spaces to develop more play areas for children.

York also offers many informal play spaces, all provide ideal environments for children to engage in play.

The City of York Council Play Team provide a range of projects and initiatives that deliver and promote quality play opportunities and experiences.

This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

☎ 01904 551 550

If you would like this information in an accessible format (i.e. large print, on tape or e-mail) then call 01904 551 550.



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## Playing Out: A Guide for Parents

