



Members of the SPPF

Sue Palmer, Chair
Aberlour Trust

Barnardo's Scotland
Capability Scotland

Care and Learning Alliance

Care Commission

Children in Scotland

City of Edinburgh Council

Contact a Family Scotland

CoSLA

Fields in Trust

Forestry Commission

Greenspace Scotland

Grounds for Learning

IPA, Scotland

ISPAL

Learning and Teaching Scotland

National Association of Toy & Leisure Libraries

National Playbus Association

Parenting Across Scotland

Play Scotland

Playlink

Royal Hospital for Sick Children, Edinburgh

Save the Children

Scotland's Commissioner for Children and Young People

Scottish Childminding Association

Scottish Government

Scottish Out of School Care Network

Scottish Pre-school Play Association

Scottish Social Services Council

Shelter

SkillsActive

Stevenson College Edinburgh



The Scottish Play Policy Forum (SPPF) was established in 2008. There has been a UK wide Children's Play Policy Forum (CPPF) since 1994. The SPPF will assist Play Scotland to feed into the CPPF and also develop a strong body of Play Champions supporting Play in Scotland.

Sue Palmer, Author, is the Chair of SPPF.

The Mission Statement
of the SPPF is:

"To discuss and when relevant coordinate work at a policy level in Scotland, in order to support the development of quality play opportunities for all children and young people, aged 0-18 years.

Particular attention may be required to ensure that the right to play of children who are sometimes excluded, such as those who are disabled, disadvantaged or marginalised in any way, is upheld"

www.playscotland.org/sppf

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ARE OUR CHILDREN PLAYING OUT ENOUGH?



***Do you remember
REAL PLAY? It':**

- Outdoors
- With other children
- Not organised by adults
- Not too highly supervised
- It doesn't need any special toys or equipment
(It's just messing about really...)

HOW MUCH DO YOU KNOW ABOUT PLAY?

Why is real outdoor play important for children?

- It develops their self confidence and resilience
- It helps them learn to make friends and get along with people
- It develops their common sense understanding of the world and how it works
- It's very important for physical fitness
- It teaches them lessons they can't learn at school
- It's FUN
- Any other suggestions?*

Why don't 21st century children play out enough?

- There's so much traffic nowadays
- There might be 'stranger danger'
- They might get into trouble
- They might get dirty
- It's not safe round where we live
- People think you're an irresponsible parent if you let your child play out
- Children want to stay in and watch TV or play computer games
- Any other suggestions?*

What can parents do about this?

- Teach children road safety from an early age
- Explain what to do if someone approaches them, and where it's safe to go
- Set them firm boundaries, and teach them to be well-mannered to adults
- Send them out in old clothes so it doesn't matter if they get mucky
- Work with other parents to make your neighbourhood as safe as possible for play
- Work with your community to ensure everyone keeps an eye on the children
- Ration children's time with TV and computers – too much is bad for their brains
- Any other suggestions?*

What can politicians do about it?

- Promote traffic calming measures in residential areas
- Set up 'Home Zones' where people (especially children) come before cars
- Commission a public information campaign about the importance of play
- Send out information through the schools to help parents reinstate outdoor play
- Make sure the general public knows that 'it takes a village to raise a child'
- Employ playworkers, based in primary schools, to facilitate play in their area
- Start 'greening' our urban environments so they're more fun to play in
- Any other suggestions?*



*Please send any suggestions to the SPPF at sppf@playscotland.org

SPPF exists to promote children's play in Scotland. Help us get the kids out to play again.