






TIPS FOR CHILDREN TO PLAY OUT CONFIDENTLY

Most of us remember the joy and freedom of playing out as children. The benefits to us were enormous:

-  we met and had adventures with friends
-  we knew our own neighbourhood inside out and travelled around it freely
-  we got to know the characteristics of local people - who to avoid and who to trust - and they got to know and trust us (or not !)
-  we were physically active
-  we were self-reliant, resourceful and independent.

We **all** have a responsibility to support and prepare our children to play out confidently in their community:

1. Prepare children to be road safe

We can prepare children for walking and cycling independently by telling them and showing them from an early age how they can keep themselves safe on and around roads.

2. Familiarise children with their neighbourhood

We can walk and cycle in the local area and help children to identify safer routes to play spaces and other places they need to access independently in their community.

3. Work with children

Once they are competent enough to travel around and play out without us, we can make agreements with children on where and how long they go out to play. It helps both us and them if they can tell the time, know their neighbourhood and know their address and phone number.

4. Keep our worries in perspective

We can try to be realistic about our fears for children's safety. The benefits of playing out far outweigh the risks.

5. Take a community approach

We can get to know local people – neighbours and other families – and agree to keep an eye out for children. The more children who play out, the safer our children will be.

6. Change our environment

We can join with others locally to campaign for changes to our neighbourhood that might make our environment one where children can play out confidently.

7. Twenty is Plenty

As drivers we can cut our speed and drive as we would wish others to drive in residential streets where our children play.

Playday Tips www.playwales.org.uk