

my  
county  
council

# Children's play



We want to tell you about play!



Northamptonshire  
County Council

Sometimes adults  
think play is...



Just messing about  
Silly  
Too noisy  
Destructive  
Should be educational  
Poor behaviour

“ Play is vital to a child’s ability to evolve and to our continued existence as a species. ” *R. Hughes – Evolutionary Biologist*

“ Play is the most important activity of human beings. ” *Bruno Bettelheim – Scientist*

“ Play creates a more flexible brain. ”  
*Stuart Brown – Psychiatrist*

“ Play builds resilience. ” *Russell & Lester*

“ Play is fundamental to the healthy development of individuals... a biological, psychological and social necessity! ”  
*Playwork Principles*

“ Play develops empathy. ”  
*Play England*

And the child development experts say...



There are some people, like playworkers and childminders, who truly understand children's play.



You can support them, and us, by...

- **NOT** being over-protective
- **OR** insisting on everything being structured and educational
- **OR** worrying about us taking some risks
- **OR** getting our clothes dirty!

**Allow us some freedom, some privacy, the chance to direct our own free time...to play in the way we want to and need to play!**

But when we  
play we are...



**Exploring**

Problem solving

Inventing

Managing risk

Gaining new skills

**Taking control**

Testing our boundaries

**Having fun**

Experimenting

**Designing**



For further information on play and opportunities for your child to engage in good quality play experiences contact:

Northamptonshire Early Years  
[www.northamptonshire.gov.uk/en/councilservices/cyp/pages/default.aspx](http://www.northamptonshire.gov.uk/en/councilservices/cyp/pages/default.aspx)



All illustrations © Sarah Wilson

No children  
were harmed  
in the making  
of this leaflet!

Working with

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[www.playwork.co.uk](http://www.playwork.co.uk)



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