



## **POGO PARK**

*Transforming lives by transforming public space*

### **RESEARCH ON PLAY AND CHILD DEVELOPMENT**

Clinical Report: “The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bond: Focus on Children in Poverty,” by Regina M. Milteer, MD, Kenneth R. Ginsburg, MD, MEd, and the Council on Communications and Media Committee on Psychosocial Aspects of Child and Family Health of the American Academy of Pediatrics. *Pediatrics*, Volume 129, No. 1, January 1, 2012, pages e204-e213.

Play is essential to the social, emotional, cognitive, and physical well-being of children beginning in early childhood. It is a natural tool for children to develop resiliency as they learn to cooperate, overcome challenges, and negotiate with others. Play also allows children to be creative. It provides time for parents to be fully engaged with their children, to bond with their children, and to see the world from the perspective of their child. However, children who live in poverty often face socioeconomic obstacles that impede their rights to have playtime, thus affecting their healthy social-emotional development. For children who are underresourced to reach their highest potential, it is essential that parents, educators, and pediatricians recognize the importance of lifelong benefits that children gain from play.

See <http://pediatrics.aappublications.org/content/129/1/e204.full>

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“Increasing Physical Activity in Young Primary School Children—It’s Child’s Play: A Cluster Randomised Controlled Trial,” by Lina Engelen, University of Sydney, et al. *Preventive Medicine*, Volume 56, Issue 5, May 2013, pages 319-325.

Conclusions: Capturing children's intrinsic motivations to play while simultaneously helping adults reconsider views of free play as risky provided increases in physical activity during break times. Using accelerometry as the sole measure of physical activity may underestimate the effect.

See: <http://www.sciencedirect.com/science/article/pii/S009174351300042X>

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“The Contribution of Active Play to the Physical Activity of Primary School Children,”  
by Rowan Brockman, Russell Jago, and Kenneth R. Fox, Department of Exercise,  
Nutrition and Health Sciences, University of Bristol, Bristol, UK. *Preventive Medicine*,  
Volume 51, Issue 2, August 2010, Pages 144-147.  
[www.sciencedirect.com/science/journal/00917435](http://www.sciencedirect.com/science/journal/00917435)

Active play makes a significant contribution to children’s physical activity and could play  
an important part in the health of future generations, a new study has found.

See: <http://phys.org/news198868741.html#jCp>

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