



Bristol Playday News

Playday is organised for the children and young people of Bristol by the cities voluntary and community play work organisations with the support of Bristol City Council's Youth and Play Services

It's here! Wednesday 5 August is Playday, the annual celebration of children's right to play. This year's Playday campaign theme is Make time!

The Make time! campaign highlights that all children have the right to play and need time and space to play. The campaign recognises that, in our busy and overscheduled lives, it's easy to prioritise other things over play and to think that play is something children just do. Everyone should make time to support children's right to play – from parents, carers and teachers, to policy makers and planners. We all need to make time and space to enable children to play freely, on Playday and everyday.



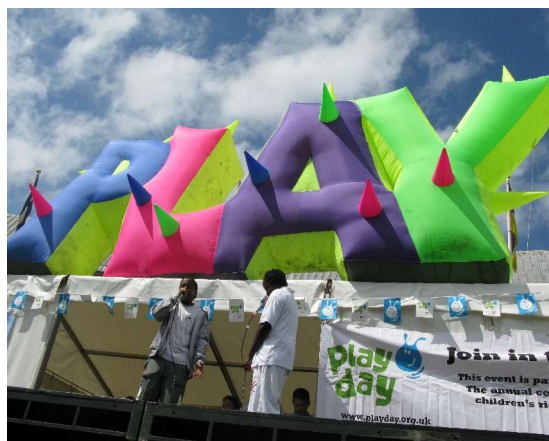
"I consider the day a tremendous success which would not have been possible without the help and support of our partners. Prior to the event we hosted the seminar to outline the progress in implementing our play strategy to senior officers and elected members of the Council, MPs and the Children's Minister, Dawn Primarolo.

Les Compton, Deputy Head of Youth and Play

Play England have published research to support the Playday 2009 Make time! campaign. An opinion poll conducted by ICM found that nearly three-quarters of parents (72%) want more time to play with their children or to take them places to play.

More than half of parents (52%) feel that work, or other unavoidable commitments, limit their time to support their children to play. The research found that children are facing pressures on their time too, with homework and other activities impacting heavily on children's time to play. Children also said that being denied time to play makes them feel bored, unhappy and miss their friends.

Parents said that children are naughty (72%) and angry (62%) if they haven't had enough time to play. When asked what should happen for children to have more time to play, 73% of adults surveyed (increasing to 76% of parents) said they would like more places to play where children can go independently.



TOP TIPS FOR PARENTS – To support this year's Make time! campaign, Play Wales have produced top tips for mums, dads and carers – for Playday and all year round.

Quality time – Children's idea of quality time is different from ours – simply, they just want and need time to play and to know that we are around if they need us. Prioritise time for playing – Playing makes a very important contribution to all children's learning and physical and emotional health – equally as important as lessons, homework or football practice – and it is what they want to do.

Time out – Outside is where children want to be – time spent in natural outdoor environments with friends costs next to nothing. If there isn't a good park or field nearby, it's time to start campaigning for one.

Switch off the screen – We need to encourage children to go out and play – limiting screen time is a must for some children.

Go back in time – For hundreds of years children have gained pleasure from dabbling in streams, building dens in the woods, larking about in mud and rain, and making fairy houses from moss and leaves. These cost-free opportunities are valuable and timeless.

Time to chill – If there is a worry about children's safety, find a way to keep an eye out for them – go sit somewhere nearby, take a newspaper and a picnic and let them make their own adventures while you relax.

Time for cheap and cheerful – There are low-cost or no-cost alternatives to 'holiday activities' and expensive toys and games. Find out about local play schemes, adventure playgrounds or scrap stores.



The Right Honourable, Lord Mayor of Bristol, Councillor Christopher Davies being interviewed by our young reporters.

Reviews of the Day...

"The sun shone on the lucky" Gary Thomas, Event Organiser

"I think this is the best Playday I've been to so far" Boy, Aged 7

"Awesome! Brilliant!" Two boys (on top of the giant PLAY letters)

"Awesome" Girl climbing up letter Y.

"It was fantastic and I had lots of fun" Girl, Aged 8, On PlayBus

We asked children at Bristol Playday – If you went out to play for an hour, what would you do? They said – "play football", "play with friends", "go on rides", "go canoeing" "play in the park".

We also asked them: How can adults help children to play more?

They said– "give them equipment to play with", "help them to do more interesting stuff", "be a bit more enthusiastic", and "help them to go to [youth] clubs".

We asked some adults at Playday – How can adults help children to play more?

They said – "By learning to play again!", "Children need to learn to bounce", "Give them more freedom", "Make sure there is a safe space for them to play and stop moaning if they make lots of noise".