



Dear Parents,

We are fully committed to giving our children a high quality play experience and understand the importance of play to children's development. Play can have a profound effect on children's confidence, self-esteem and mental and physical health and has been proven to be an essential element in healthy brain development. Recent studies have shown that play is the most important developmental process in any child's life.

- Play can be messy. Because of the enormous benefits of messy play we will allow children to do activities where they may get muddy, dirty or messy. Please don't bring them to pre-school in expensive clothing.
- Children are waterproof. Lack of outdoor play can be extremely bad for children's health and has recently been linked to an increase in Rickets in the UK. There are also several studies linking outdoor play to improved behaviour and mental health as well as promoting healthy eyesight. We will still play outside in all weathers so please ensure your child has suitable clothing for outdoor play even if they arrive to pre-school by car.
- We are committed to protecting children from serious harm but we also believe that minor bumps and bruises are an important part of growing up. You only have to think back to your own childhoods to know this is true. We will sometimes play games where the occasional bump and bruise is possible because of the enormous benefits these experiences have on the development and well-being of children. Studies have shown that overprotecting children can harm their development and that experiencing controlled risk through play can better prepare them for real life risk.
- We believe that we are harming children's resilience if we continue to treat insignificant injuries. We will use a common sense approach to assess which injuries genuinely need attention and those which the child can better deal with by continuing playing. Children with minor bruises will be gently encouraged to carry on playing (just like we all did when we were children) rather than taking up time that could be better spent helping children play. This will help children become more physically and emotionally resilient.

We hope you will support us in making play as exciting and fun as possible at a time where many children are not getting sufficient quality play in their lives.