



Formerly PICture This

## Bright Futures: Family Matters

**Play**, along with the basic needs of nutrition, health, shelter, and education, is vital for the development of the potential of all children.

The child is the foundation for the world's future.

Play is not mere passing of time. Play is life.

It is instinctive. It is voluntary. It is spontaneous. It is natural. It is exploratory. It is communication. It is expression. It combines action and thought. It gives satisfaction and a feeling of achievement.

Play has occurred at all times throughout history and in all cultures. Play touches all aspects of life.

Through play the child develops physically, mentally, emotionally, and socially.

Play is a means of learning to live.

International Year of the Child, Malta Consultation of the International Playground Association (1978)

**Play takes place in a variety of ways and every type of play is important! Think of ways to vary your child's play experiences.**

### Varieties of play

- Quiet • Stimulating
- Noisy • Imaginary
- Constructive
- Exciting • Challenging
- Messy • Creative • Active
- Independent • Social



**Play helps children's development and can positively affect many bodily senses and increase skills and interests.**

### Using different body senses and abilities

- Smell • Touch • Mind • Sight • Taste • Sound
- Large and small muscles

Obviously children with special needs benefit from play just as other children do.

Consider – the same play opportunities as others, participation in selected activities, participation in selected ways.



Activities can also be adapted in various ways. In some cases adaptive equipment may be useful. Key is children's interests and only secondarily their abilities. Talk with your child's teachers, with your town's recreation program, and with other public or private programs for ideas. (Keep in mind that Section 504 of the federal Rehabilitation Acts says that those with disabilities must be included and accommodated in any programs receiving federal funds – [www.hhs.gov/ocr/504.html](http://www.hhs.gov/ocr/504.html))

Summer is a wonderful time for children to get out and play and summer camps are a wonderful place for children with special needs to explore interests and abilities. Many camps provide an environment where children with special needs are integrated with other children and there are also camps specifically dedicated to children with special needs. To find out more about camps for children with special needs go to:

<http://www.nichcy.org/pubs/genresc/camps.htm>

Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With a Partners in Information and Communication (PIC) Cooperative Agreement from the MCH Bureau - DHHS, Family Voices works to encourage partnerships between families and professionals for children's good health. *Bright Futures: Family Matters* is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities in the maternal and child health community. We hope to encourage flourishing partnerships!

Check out our Family Voices web sites at:

[www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org) and [www.familyvoices.org](http://www.familyvoices.org)

## Partners... Children's Safety Network

The Children's Safety Network (CSN) has resources and information, provides technical assistance and helps support initiatives and policies to improve injury and violence prevention programs for children and adolescents. There are CSN network centers throughout the United States that provide technical assistance, trainings and resources to help improve the safety of all children. CSN has a wealth of resources available including information on child abuse and neglect, fires and burns, child development, violence, recreational injuries, poisoning and much more! For more information contact: CSN National Injury & Violence Prevention Resource Center, Education Development Center, Inc. 55 Chapel Street Newton, MA 02458-1060 phone (617) 969-7100 X2722 <http://www.childrenssafetynetwork.org> e-mail [csn@edc.org](mailto:csn@edc.org)



## What's new in research?



A recent study was conducted to evaluate whether asking parents about their preschoolers amount of outdoor playtime was a good way to measure childhood activity. The study asked parents two questions and, then asked two recall questions. Also, the preschoolers' physical activity was measured by an accelerometer, a machine that measures increases in speed. The study found that asking parents about their child's outdoor playtime is in fact an acceptable way to measure child level of physical activity. Burdette HL, Whitaker RC, Daniels SR. 2004. Parental report of outdoor playtime as a measure of physical activity in preschool- aged children. Archives of Pediatrics and Adolescent Medicine 158 (4):353-357



## Tidbits for the Month

\*June- July 4<sup>th</sup> weekend is **Fireworks Eye Safety Month!**



It's that time of year.... If you're going to be watching fireworks over the 4<sup>th</sup> of July let professionals take over and stay out of the way of danger. If a problem arises call 911 right away. For more information about how to protect your eyes go to: [www.preventblindness.org](http://www.preventblindness.org)

\* The National Initiative on Physical Fitness for Children and Youth with Disabilities started on May 26<sup>th</sup>! The National Center on Physical Activity and Disability (NCPAD) is featuring special information and resources of this initiative. NCPAD- News has a special insert in their monthly electronic newsletter called IMPACT. For children, parents and professionals, it highlights up-to-date resources, information and research. Physical activity is important for EVERYONE!

**Highlights for the next  
Bright Futures: Family Matters**



## Share your news with others!

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email Lindsey Pope at [lpope@fcsn.org](mailto:lpope@fcsn.org) or fax to (617) 572-2094 with your tidbits. To subscribe to the newsletter, email or call Lindsey at (617) 236-7210 •

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## Family Resource Corner



If you're still looking for a summer camp and having a hard time meeting the needs and interests of your child, the American Camping Association has an extensive list of accredited summer camps all over the U.S. Go to: [www.aca-camps.org](http://www.aca-camps.org)

\* It's warming up outside which means more children and adolescents will be riding bicycles in their neighborhoods. To find out safety information and evaluate how bikeable your neighborhood is go to:

<http://www.bicyclinginfo.org/>

\* ?Soy Unica! ?Soy Latina is a bi lingual web site for Hispanic girls ages 9-14 aimed to educate Hispanic girls on how to make good decisions, live healthy lives, have good self esteem, and more. The site provides information about how to make positive decisions in life and prevent the use of tobacco, drugs and harmful substances. Go to:

[www.soyunica.gov](http://www.soyunica.gov)