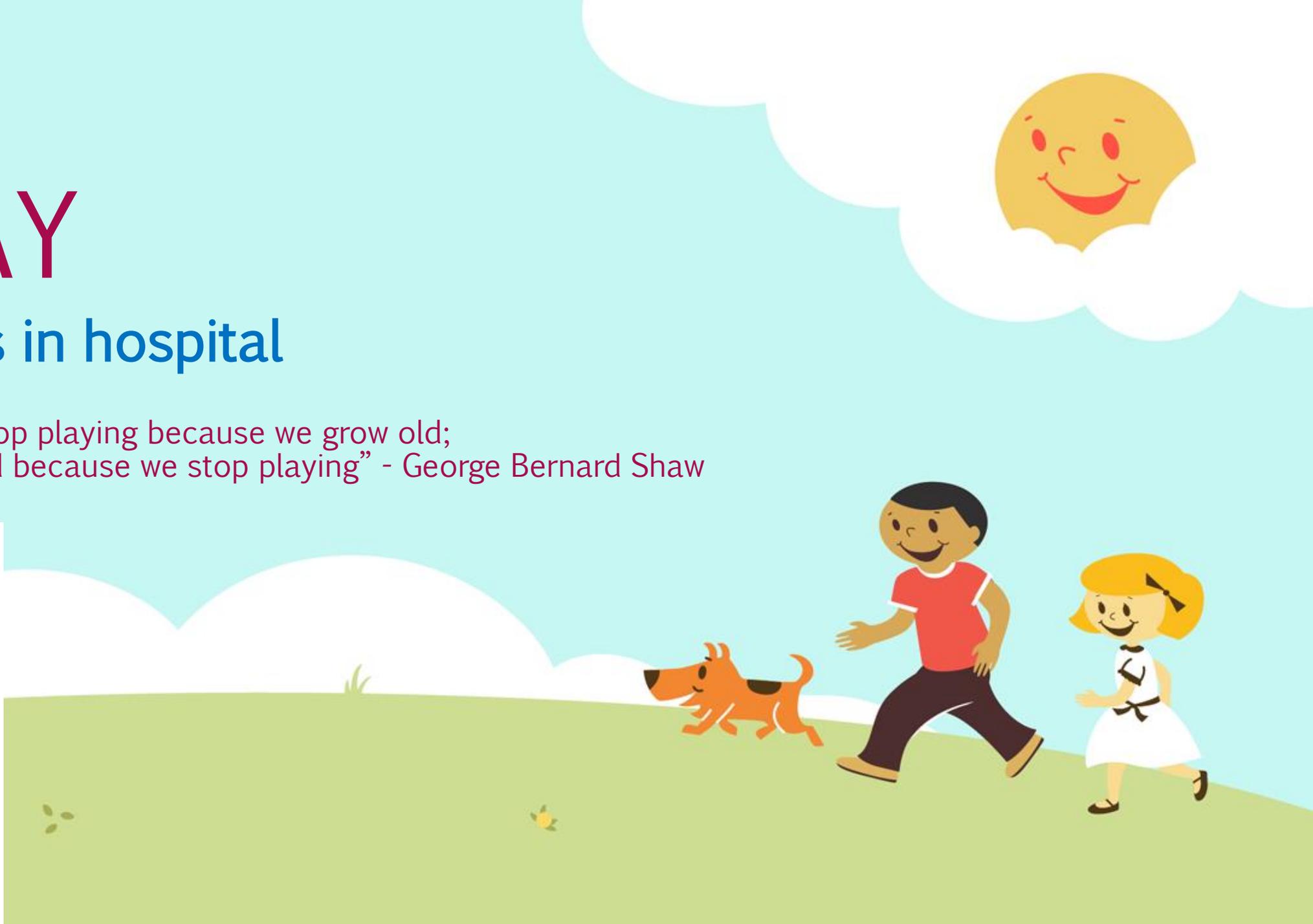


# PLAY

## for kids in hospital

“We don’t stop playing because we grow old;  
we grow old because we stop playing” - George Bernard Shaw



Play constitutes an essential parameter of the normal psychosomatic development of children, as well as their statutory right. It is also an important means of communication in childhood. <sup>1</sup>

Article 31 Convention on the Rights of the Child (Leisure, play and culture): Children have the right to relax and play, and to join in a wide range of cultural, artistic and other recreational activities.  
FACT SHEET: A summary of the rights under the UN Convention on the Rights of the Child

Rights of Children in Healthcare  
<https://awch.org.au/promoting-childrens-rights/>



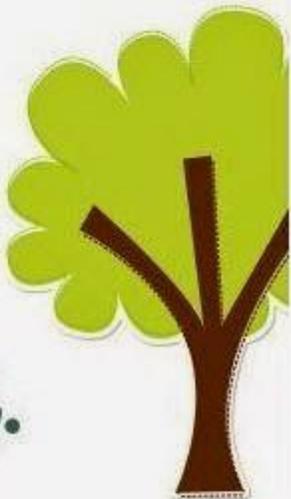
## WHY PLAY?

- Play in the hospital has multiple objectives, while it is of such considerable importance that it is thought that it may be of assistance in the recovery of ill children
- Play in the hospital ensures a type of connection with the familiar, friendly environment of home.
- Helps to create a continuity of everyday life.
- Provides a way out of all negative feelings and disappointment that may possibly accompany a child upon hospital admission and hospitalization, while they may be 'transformed' through play.
- Reduces distress and anxiety, while developing respect for other people's views and feelings.
- Helps children maintain their self-esteem and confidence, and, thus, feel that they may have control of the entire situation.
- Contributes in the development of new creative solutions in the problems observed.
- Teaches in an amusing way. Almost in all cases of hospitalization, children undergo invasive medical procedures, including catheterization, venepuncture, and blood tests. Play may help young patients become familiar with such procedures and learn exactly how they are carried out, so as to reduce their fear and help their adaptation.
- Encourages the participation of parents and brothers and sisters. Thus, children achieve a stronger feeling of normality and continuation of their past life, while alleviating parents' anxiety.
- Facilitates communication among children. Play is an excellent means of communication and development of social relationships and mutual assistance.
- Reduces regression, i.e., return to previous stages of development.... Play ..... allows children express themselves in a more creative and pleasant way.
- Offers joy and amusement.





**PLAY TURNS  
OUT TO BE SO  
STUNNINGLY  
ESSENTIAL TO  
CHILDHOOD,  
IT'S LIKE  
LOVE,  
SUNSHINE,  
& BROCCOLI  
ALL JUICED  
TOGETHER.**



*{Shane & Remember}* Lenore Skenazy

WHY ENCOURAGE PLAY  
- less intellectual answer!



# Play means...

exploring, talking, thinking,  
trying, imagining, daydreaming,  
inventing, risk taking, giving,  
sharing, making choices,  
working, relaxing, challenging,  
turn taking, pausing, running,  
skipping, jumping, shouting,  
whispering, singing, making  
friends, being yourself, being  
someone else, role playing,  
acting, caring, negotiating,  
reading, writing, counting,  
measuring, trying things out,  
feeling, leading, following,  
problem solving, storytelling,  
building, laughing, smiling...

## learning.



Nurture Store  
CREATIVE KIDS' LEARNING



TEACHING2AND3YEAROLDS.COM

**Playtime is precious.**

Play builds brain  
pathways for  
**thinking,**  
**creativity,**  
**flexibility,**  
**empathy,**  
and many other  
lifelong skills.

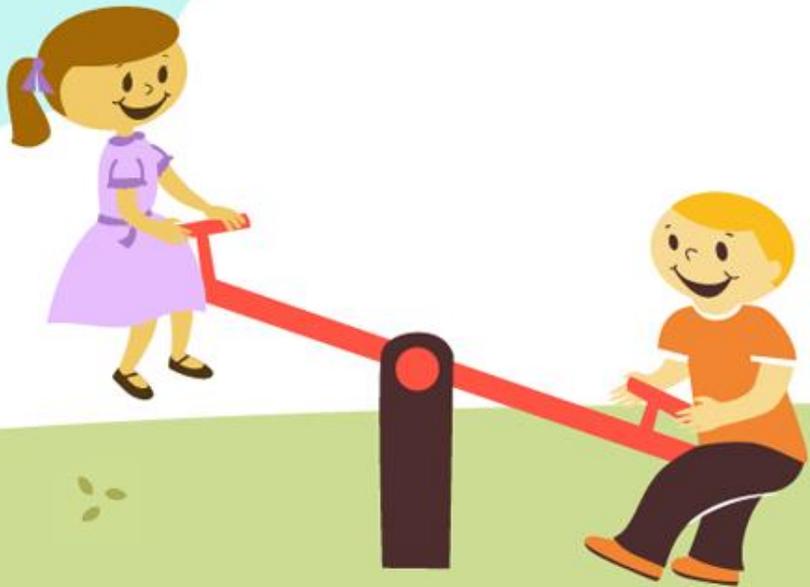
Heather Shumaker



“It is a happy talent to  
know how to play.”

-Ralph Waldo Emerson





“We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing.” - Charles Schaefer



"Children need the freedom and time to play. Play is not a luxury. Play is a necessity."

-Kay Redfield Jamison





“Play is our brain’s favorite way of learning.”  
-Diane Ackerman





“Play is so integral to childhood that a child who does not have the opportunities to play is cut off from a major portion of childhood” – Musselwhite





"When children pretend, they're using their imaginations to move beyond the bounds of reality. A stick can be a magic wand. A sock can be a puppet. A small child can be a superhero."

-Fred Rogers

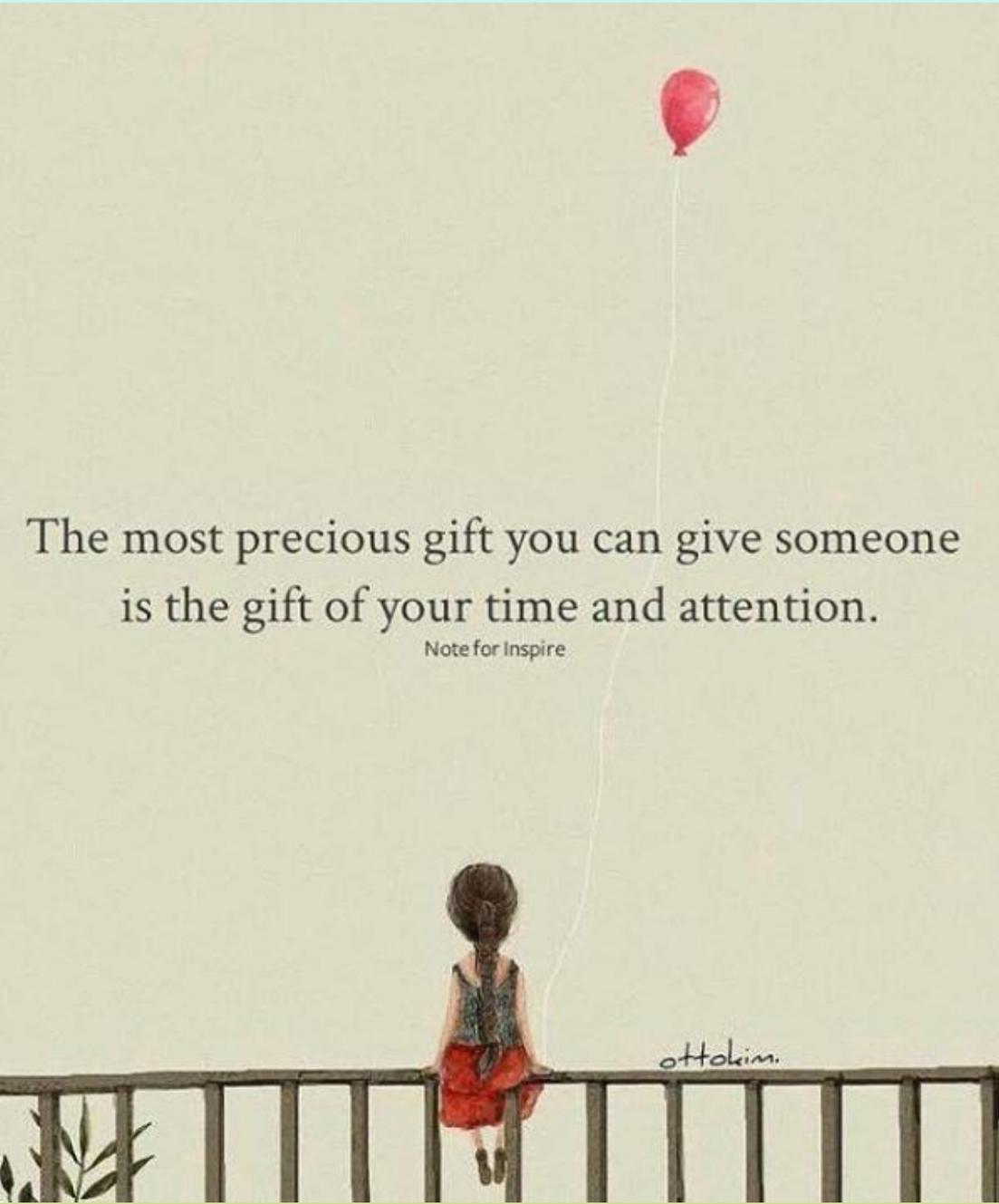




IT IS EASIER TO BUILD  
STRONG CHILDREN  
THAN TO REPAIR  
BROKEN ADULTS..

- F. DOUGLASS -

Those who play rarely become brittle in the face of stress or lose the healing capacity for humour” - Stuart Brown, MD



The most precious gift you can give someone  
is the gift of your time and attention.

Note for Inspire

ottokim.



A child can  
teach an adult  
three things:  
To be happy for  
no reason  
To always be  
curious  
To fight tirelessly  
for something

Paulo Coelho

stoderodos.org



# RESOURCES

WGP Scheme Hospital Coordinator

Allied Health – Play Therapy/Child Life Specialists, OT, PT, Speech, Social Work, Psychology, Art & Music Therapists (just to name a few)

Raising children site

[http://raisingchildren.net.au/articles/why\\_play\\_is\\_important.html](http://raisingchildren.net.au/articles/why_play_is_important.html)

Facebook groups

Pinterest

Books

AWCH !!!!!



## REFERENCES

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Konstantinos Koukourikos,<sup>1</sup> Laila Tzeha,<sup>1</sup> Parthenopi Pantelidou,<sup>2</sup> and Areti Tsaloglidou<sup>1</sup>  
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### 2. FACT SHEET: A summary of the rights under the UN Convention on the Rights of the Child

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### 4. Raising children site

[http://raisingchildren.net.au/articles/why\\_play\\_is\\_important.html](http://raisingchildren.net.au/articles/why_play_is_important.html)

