

WHY IS PLAY IMPORTANT?



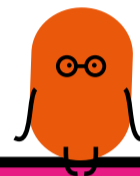
Play...

Is **vital** to **mental health** and psychological safety

Has **therapeutic** and **healing** effects

Is every child's **right**

Normalises the environment and creates a sense of **safety**



Distracts – reducing fear, stress and trauma



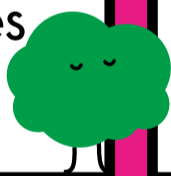
Allows children to feel a sense of **control** and **autonomy**

Reduces **anxiety**, fear and stress



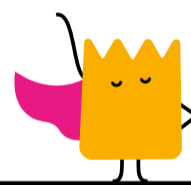
Increases trust and improves rapport with health professionals

Reduces painful feelings during procedures



Mitigates the need for **sedation** in some procedures

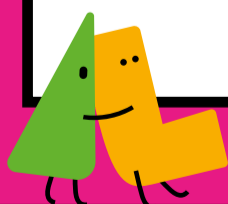
Builds **resilience**



Enables **engagement** with treatment



Strengthens **family** wellbeing and relationships



Helps children **recover** more quickly after treatment

Supports a more **positive experience** of healthcare

Is the **natural, instinctive** way for children to communicate and participate



Scan the QR code to access further resources

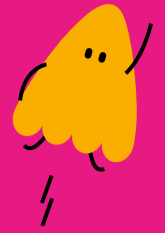
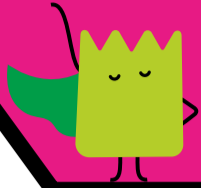
STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

© Starlight 2024. Starlight, 227 Shepherds Bush Road, London, W6 9RS.
Registered charity 296058 (Eng & Wal) SC047600 (Scot)



WHY IS PLAY IMPORTANT?



- Children's capacity to play is vital to their **mental health** and psychological safety
- Playing has **therapeutic and healing effects**, supporting children to cope, to be more engaged, and to have some control in otherwise overwhelming circumstances
- **Every child has the right** to relax, play and take part in a wide range of cultural and artistic activities – Article 31 (leisure, play and culture)
- Having a playful environment and familiar toys **normalises the environment**, leading to a sense of safety
- Playing can **distract children** when they might be scared, making difficult medical procedures and other stressful healthcare experiences less traumatic
- Play allows children to feel a sense of **control** and **autonomy**
- Play **reduces anxiety, fear and stress**
- Play **increases trust** and improves rapport with health professionals.
- Play **lessens painful feelings** during procedures
- Play **mitigates the need for sedation** in some procedures
- Play **builds resilience**



Scan the QR code to
access further resources

STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

© Starlight 2024. Starlight, 227 Shepherds Bush Road, London, W6 9RS.
Registered charity 296058 (Eng & Wal) SC047600 (Scot)

