



CANADIAN PUBLIC HEALTH ASSOCIATION ASSOCIATION CANADIENNE DE SANTÉ PUBLIQUE

The Voice of Public Health



NATURE PLAY: MENTAL HEALTH & WELLBEING

- UN Convention on the Rights of a Child
- Promotes self-confidence
- Reduces psychological distress; anxiety, depression
- Improves mental health and emotional regulation
- Forest schools improve self-control, self-confidence, language and communication skills
- Enhanced capacity to pay attention
- Improves resiliency



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THE MOVEMENT AWAY FROM UNSTRUCTURED PLAY



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BARRIERS: POLICIES AND STANDARDS

SCHOOL		MUNICIPAL
<ul style="list-style-type: none">Lack of Ministry directed policiesTeacher supervision & collective agreementsOperational constraints	<ul style="list-style-type: none">Parent complaintsEvidence-based best practiceCSA Z614Risk managers & insurance	<ul style="list-style-type: none">Zoning & by-laws limiting playShared land use agreements

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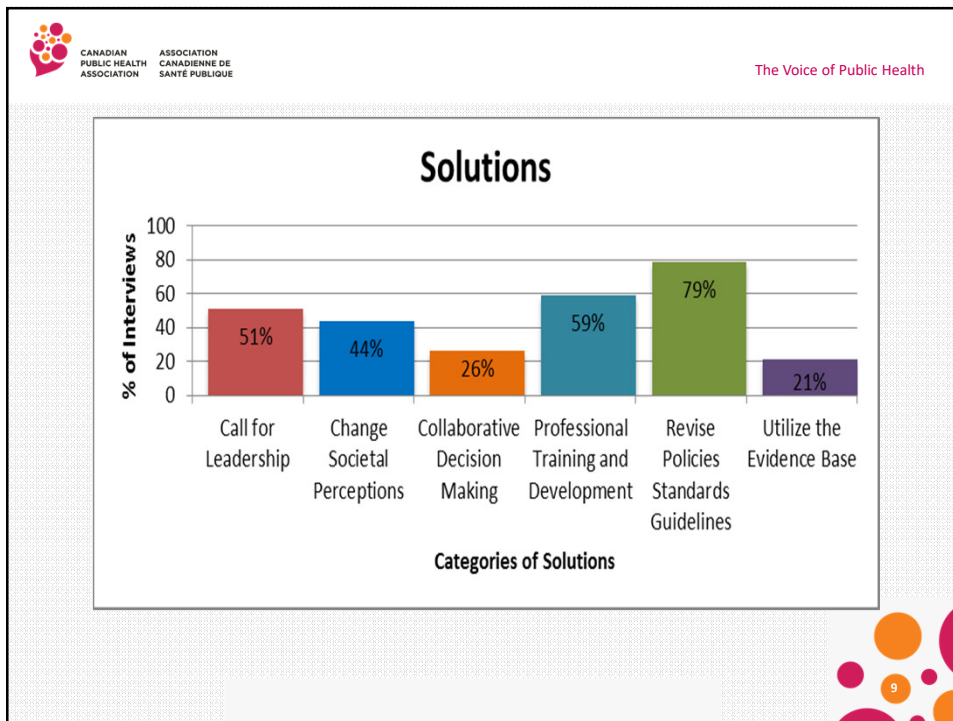
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BARRIERS: LEGAL CONCERNS & DUTY OF CARE

SCHOOL	COMMUNITY
<ul style="list-style-type: none">Education ActsDay care acts	<ul style="list-style-type: none">Occupier liability act or common law/case precedentsNegligence act: Joint and several liability

← Fear of litigation →

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REVISE POLICIES, LAWS & STANDARDS

Immediate

- Remove by-laws limiting play and implement those to improve neighbourhood safety
- Remove recess policies

Long term

- Joint and several liability reform
- Develop a board wide loose parts policy/guideline
- Revisions to CSA to increase flexibility

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PROFESSIONAL TRAINING AND EDUCATION

- Designing for appropriate developmental risk
- Insurance and importance of challenging play
- Play-based learning to reach outcomes
- Post-Secondary ECE curriculums and play
- Play facilitator and risk assessment training

“Mitigation relies on education”- Key Informant



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CALL FOR LEADERSHIP

- Financial investment
- School board level
- Organizational level
- Government(s) level
- Physicians & Public Health



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