

Come along and find out  
more about our new  
exciting play adventure



Coming to you  
soon at Isobel  
Mair Family  
Centre



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Isobel Mair Family Centre

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At  
Isobel Mair  
Family Centre





### What's It All About?

Children's experiences in the first years of their lives have a significant impact on the+ development and are clearly linked to future outcomes at school and beyond. This is now supported by extensive research evidence from education, health, justice and economic experts.

At Isobel Mair Family Centre we believe play is absolutely vital and helps not only brain development but also bonding with parents and promotes independence and autonomy for the teenage years.

Sir Harry Burns, Chief Medical Officer for Scotland stated 'Investing in children's play is one of the most important things we can do to improve children's health and wellbeing in Scotland.

We firmly hold this belief and want to support you to achieve the highest level of play with your children!

### Did You Know?

- 1 in 6 children in Scotland do not have access to outdoor space to play
- 'Letting children go out to play is one of the best things that parents can do for their health' (Prof R. Mackett, UCL)
- 51% of children and young people have at some point been told to stop playing in the street or area near their home
- There are 11,200 play workers in Scotland working in after school clubs, holiday play-schemes, parks, adventure play-grounds, play buses and breakfast clubs
- 'Without this playing with fantasy, no creative work has ever yet to come to birth. The debt we owe to the play of imagination is incalculable' (Carl Jung)
- 85% of children in Scotland say they do not spend enough time engaged in 'free play'. 76% said that this was due to poor quality of play spaces available.

Reference: Play Scotland, 'Free to Play'  
[www.playscotland.org](http://www.playscotland.org)



### Let's Play Schedule

- Thursday 29th March at 9.15am and 1.15pm—Coffee and Cake Chat info session about Let's Play.
- Friday 6th April (during Spring Break) - free play session offered to interested parents and children, including siblings (of any age)
- Monday 18th June—2nd play session for children and parents, including siblings
- Let's Play Workshops: 10th , 11th, 12th July—children play and parents attend workshop before joining children
- Let's Play Final Day: 13th July—evaluations