

# Soccer Source 360 believes children need to play more!

The American Academy of Pediatrics (AAP) issued a report urging pediatricians to write a prescriptions for play.

According to research commissioned by Edelman Intelligence, 56% of respondents in a survey of 12,710 parents said their kids spent less than an hour every day playing outside—less time than prisoners in a maximum security prison spend outdoors. One in 10 kids never play outside, and two-thirds of parents say their kids play less than they did.

Despite its many benefits, statistics show that the amount of time children get to play has been declining for decades. Tightly structured family and school schedules, more parents working outside the home, fewer safe places to play, and rising media use and screen time are among the reasons. For example, research shows the average preschooler watches 4.5 hours of TV each day!

In a 2004 survey of 800 American mothers, 71 percent said they played outdoors every day as children but only 26 percent of them said their kids played outdoors daily.



“Play is the work of childhood.”

Piaget

“Children learn as they play. Most importantly, in play children learn how to learn.”

O. Fred Donaldson

“Play is training for the unexpected.”

Marc Beckoff

“Play, while it cannot change the external realities of children’s lives, can be a vehicle for children to explore and enjoy their differences and similarities and to create, even for a brief time, a more just world where everyone is an equal and valued participant.”

Patricia G. Ramsey

“Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning.”

Fred (Mr.) Rogers

“It is paradoxical that many educators and parents still differentiate between a time for learning and a time for play without seeing the vital connection between them.”

Leo F. Buscaglia

