

# Sutton making time to play!

By Kiran Sunil, (14)



On Wednesday 5 August, Sutton council hosted its first ever Playday event at Sutton arena and Tweeddale Primary School.

The aim of the event was to get children and families to come and play in an entertaining, safe and secure environment. Therefore, once a parent had attended the event, they would hopefully try to make time to play with their child. This action could then move on to show how important and essential play is.

The event was a great success. The weather was beautiful and approximately a staggering 1800 people turned up and there was pleasing feedback from most parents. I myself as a junior reporter, received excellent responses from both children and parents that I interviewed. Most people enjoyed the fact that it was an opportunity for children and their families to come together and enjoy the day, with something for every child to take part in. There were many activities including, a huge bouncy castle, complete with an activity course, plenty of toys to amuse younger children, a drum set for children to learn about music and how it can affect play, and numerous different types of vehicles. There were also many stalls for the parents to view on different aspects of play, and also how to get child and parent interacting together. Overall, the event was great fun, and extremely educational, everyone learnt from the effects of play and how and why its so important to make time for it.

So why is play important? Play enables children to explore themselves, and the world around them. They may in the process, unveil different skills and talents, which they can improve and make use of. It

allows them a sense of freedom, power and all the essentials a child would need to ensure that they explore every emotion and feeling. There are many types of play that an individual child explores. Sport, adventure, constructive, social etc. Not only does play help children understand themselves, but it also ensures that a parent or carer finds the key to having an excellent relationship and understanding of their child. Everyone knows that a relationship between parent or carer and child is crucial. Play allows a child to develop, mentally and physically; it is the blood of childhood, and is similar to that need to eat, drink and sleep.

I think Sutton's Playday was so successful because it addressed all of the above and more. I certainly enjoyed myself and am very much looking forward to next year's Playday!



Sutton was one of many events run in London. Events also took place in Islington, Newham and Ealing (above) to name a few!