



LET'S MOVE

Rough and Tumble Play



We believe that exuberant, boisterous, energetic, big body, rough and tumble play supports children's development. Through the physical play of roughhousing, children gain wisdom, emotional intelligence, morality, physical fitness and joy.

WHY ENCOURAGE ROUGH AND TUMBLE PLAY?

Not being able to get out to the park and work off the excess energy that many children have, may lead to more physical play inside the house. It can be difficult to know our role as parents or caregivers within this. There are many differing views about the role of rough and tumble play in a child's learning, but understanding some of the underlying benefits of this play can change the way we view its importance.

Children of all ages can engage in this type of play as long as they feel safe. The excitement of fast movements and the anticipation of what might happen next can bring joy and lots of learning about ourselves and others. This form of play allows children to explore physical and social skills while also learning about their bodies.

As with many aspects of life and parenting, we bring our own memories, values and ideas - it is about doing what you feel comfortable with. Adults engaged in rough and tumble play with children can model how to use self-control, fairness and empathy in this form of exploration.

WANT TO KNOW MORE?

Rough-and-tumble play: a guide:
<https://bit.ly/rough-play-guide>

Roughhousing: Ten Tips To Make This Transformative Tool Work for Your Family
<https://bit.ly/roughhousing-is-essential>

BUT IS IT SAFE?

Sometime this play may look like fighting, but the difference here is that each person is feeling safe and are actively playing within their limits. These limits may look different depending on your child. Rough and tumble play is developmentally normal for children as they explore their social world. It allows risk taking within safe boundaries.

The key to rough and tumble play is that everyone is having fun. It is also a great chance to talk about what some of the rules could be in this play that keeps everyone safe.

FUN FACT - ROUGH AND TUMBLE PLAY IS FUEL TO THE BRAIN!

When your child starts roughhousing, the brain recognises this as a small stressor. As their heart rate increases, the brain thinks that they are fighting or fleeing something of harm. Brain-Derived Neurotrophic Factor (BDNF) is released to protect a child's brain from stress. BDNF is awesome because it's nature's medicine for healthy brain growth and development. It repairs, protects and improves the learning and memory capabilities of the brain by stimulating neuron growth in multiple areas of the brain. **This is why children feel more relaxed, connected and happy after rough and tumble play.**

