



INJURY
PREVENTION
... begins with you.

saskatchewan
preventioninstitute
our goal is **healthy** children

Risky play is thrilling, exciting play that includes the possibility of injury. This kind of play most often happens outdoors and benefits children’s health, development, independence, confidence, creativity, and well-being. It is important to understand that risk does not mean danger.

These are just a few tips for parents and caregivers to promote and encourage risky play.

- Give children time, space, and freedom to explore risky play.
- During daily routines, such as walking or cycling to school or to the park, allow children to make choices (e.g., climbing a tree, how fast they cycle).
- Let children play in spaces with a variety of elements (e.g., loose parts they can move around, tools, slippery paths, height).
- Observe children during play, and step in when they are doing something that is not safe (e.g., swinging a hammer toward others).

Keep children as safe as necessary, not as safe as possible.

Visit www.skprevention.ca/safety to learn more.