

Exploring Active Energetic Play in Alberta Child Care Centres

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MRU Research and Scholarship Days, April 4, 2017

INTRODUCTION

This study was conducted to better understand potential barriers to providing active energetic/risky play by hearing the perspectives of ECEs, parents, licensing officers, health inspectors, and owners and operators across Alberta.

- **Online survey** – ECEs (n=373) and parents (n=370)
- **Focus groups** – Licensing Officers, Health, and Owners/Directors.
- A leadership team comprising a range of stakeholders.

DEFINITIONS

Active Energetic Play

- Active gross motor play such as running, jumping, and climbing.

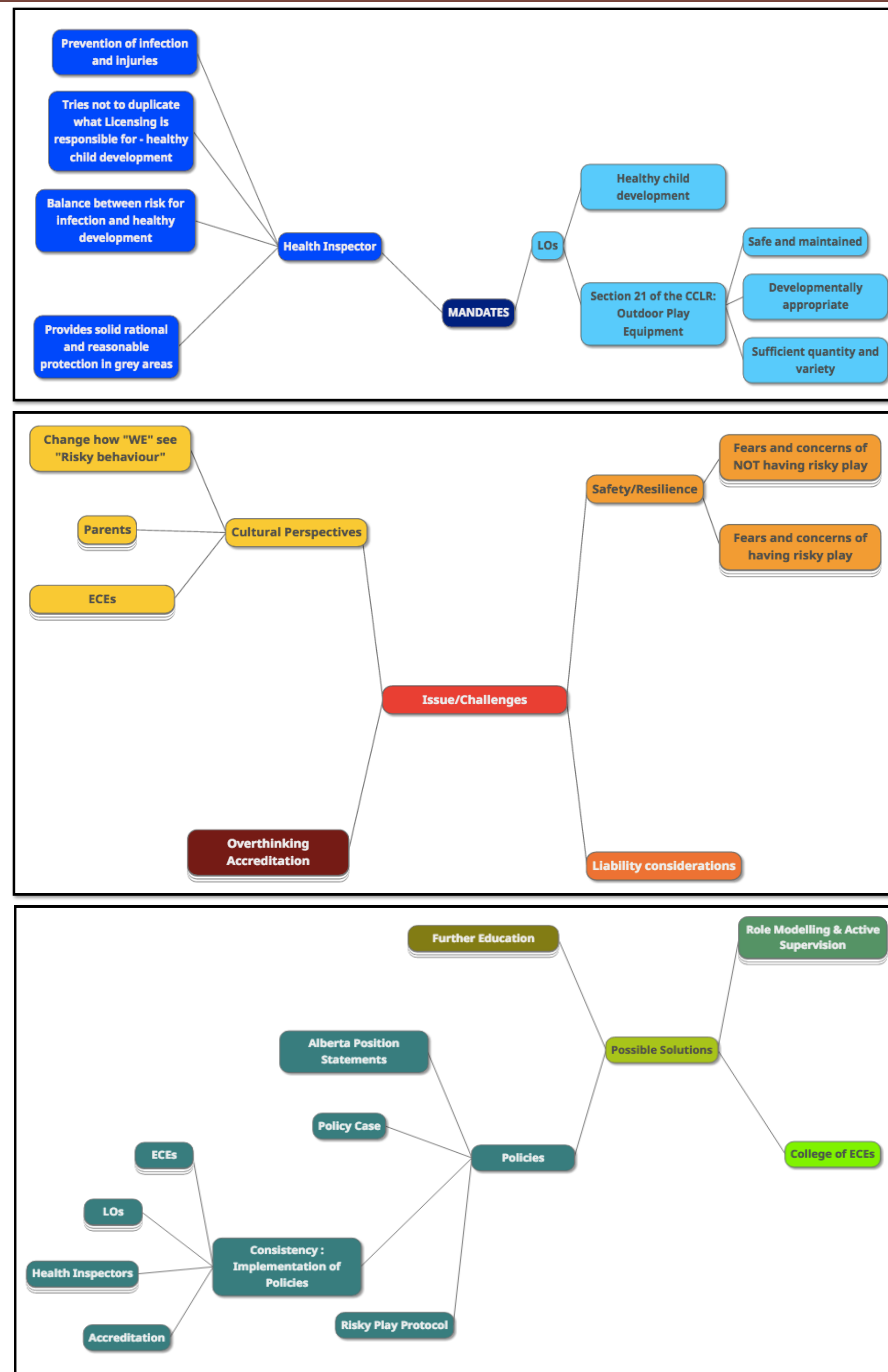
Risky Play

- Thrilling and exciting play where there is a risk of physical injury.
- Providing children with opportunities to engage in energetic active play encourages them to become familiar with their environment and their own boundaries, and how they handle risk.
- Taking play to the next level, pushing boundaries.

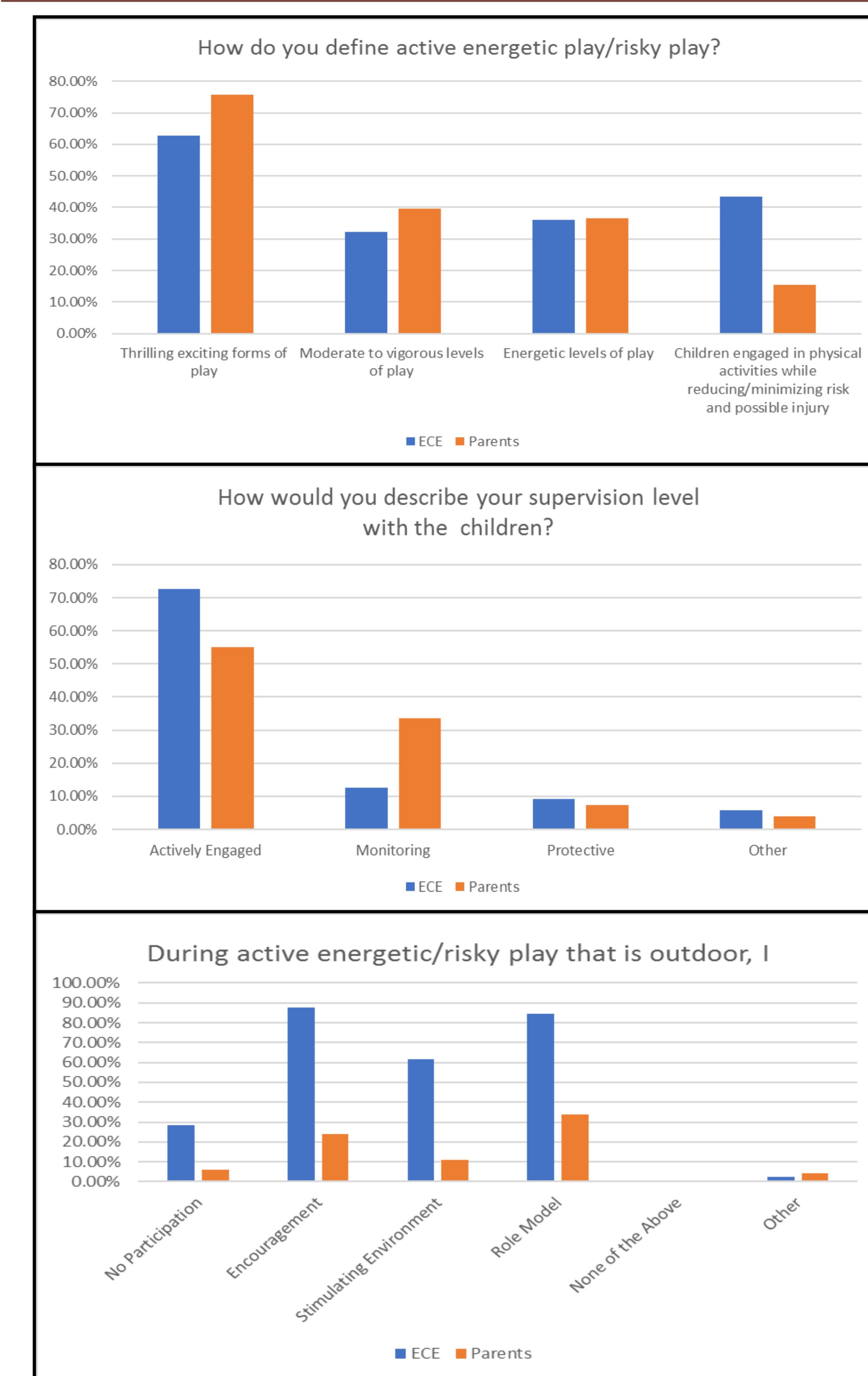
METHODS



FOCUS GROUP RESULTS



SURVEY RESULTS



CONCLUSIONS

- Consensus that Risky Play is Important
 - Helps children become more capable and accept risks
 - Teaches management skills
 - Leads to resilience and healthy development
- Crucial – Active Effective Supervision
- Lack of consistency
 - among policies and regulations
 - among individual Licensing Officers and Health Inspectors
- Concern about liability