

What's next

We are increasing awareness of, and advocating for, the importance of play for Lower Hutt's children, young people and families.

We believe there is an opportunity to create more playable neighbourhoods and communities with more child friendly spaces. When we put a child's right to play at the centre of how we design and use our community spaces we will create a city that better serves the health and wellbeing of all our people and a city that thrives.

- Every child has the right to play
- Any space is a play space
- We're all enablers of play

For more details including the full report visit huttcity.govt.nz/play

Making Lower Hutt an even better place to PLAY...

Every child has a fundamental right to play as set out in Article 31 of the UN Convention on the Rights of the Child. It is central to enjoyment of life and contributes positively to wellbeing.

Play is essential for growth in cognitive, physical, social and emotional development. It builds fundamental physical literacy, fosters creativity and innovation, builds ability to identify and manage risk. Play contributes to not only children's lives but also the wellbeing of their families and whānau and wider community.

Hutt City Council, Healthy Families Lower Hutt and Sport NZ are working together with our neighbourhoods to explore the current state of play in our city and create opportunities to make Lower Hutt an even better place to PLAY – "Play in the Hutt".

We want to empower our decision makers and our communities to better understand and appreciate play and its importance in creating a healthy and active society.

What can you do?

Our community has told us that play is important to them and they want to engage in local play opportunities. Get in touch if you want to take action to increase play in our city. Lets do this together play@huttcity.govt.nz

Play is where children "practice life"

Play is...

- spontaneous - it will happen anywhere
- freely chosen and self determined
- fun, accessible, challenging, social and repeatable
- for no purpose

Play is the foundation of Sport New Zealand's Physical Literacy Approach. Sport NZ's seven Principles of Play have been developed to help guide the sector and to advocate for the importance of play in young New Zealanders' lives.

To find out more:
www.sportnz.org.nz/play-principles



Play in the Hutt asked parents and children about their experiences of play in Lower Hutt.

THE CHALLENGE

96% Of parents reported that their children are NOT playing every day.

88% Of children in this study reported that they do NOT play every day.

THE BARRIERS

53% Of our barriers are parental fears of cars, traffic, strange people and loose dogs.

WHERE WE PLAY

Our children spend most of their time playing close to home, but still feel confident venturing further afield in their neighbourhood.

Home/Backyard Park/Playground Friends house

WHERE WE WANT TO PLAY

Top 4 favourite places to play according to children in this study:

Pool Friends house Park/Playground Home/Backyard

GETTING AROUND

How children get around their neighbourhood most often:

7 46 40 50



GETTING TO SCHOOL

How children get to school most often:

14 21 34 31



A SOLUTION

Parents **40%** It's easier to play outside if there are things to do, fun events, and things to play with.

Children **36%**

LOCALLY LED

There is a strong demand for local play interventions, and a high willingness to engage in any local play programming.

Hutt City Council and their partners work everyday to make Lower Hutt a great place to live, learn, work and play. By making our environments more playful, we're laying the foundations for a healthier future for everyone.