

Newsletter, 29.11.2023

Playing with our children – and watching them play with their siblings or peers – can provide some of the most rewarding moments as a parent, from the first tower of stacking blocks that we make for a baby to knock over, all the way to cricket in the park or a video gaming session in the living room.

But play time has to compete with all the other demands on family life: jobs, homework, school pressure and the online world of social media. As a result, many parents wonder how to use play time *well*. What sorts of play are most beneficial to our children, what limits should we set and where, and do we need to worry about the impact of digital play when it takes over from “real world” activities?

In our fascinating new [podcast](#), health lecturer Dr Jennifer St George and Emeritus Professor of Psychology Peter Smith discuss their work on **rough and tumble play**. If you worry when you see your children rolling around on the floor together or chasing each other, their work can challenge your thinking and open a new window into children’s minds. Dr Kathy Weston continues the theme of rough play in this week’s [Wednesday Wisdom](#).

Learn more about **the importance of play** in this [video](#) from Dr Kathy Weston, especially in relation to children’s development and mental health. There’s an accompanying [tip sheet](#) too on facilitating high-quality play.

Researcher Dr Rachel Nesbit has investigated the link between **adventurous play** – play which challenges children and pushes them to the edge of their comfort zone – and children’s development. Listen to our podcast interview with her [here](#).

If you have an older child at home, “play” is often synonymous with **gaming**. But is too much time playing video games detrimental to teenagers’ wellbeing? Dr Simona Skripkauskaitė from the University of Oxford answered questions about the impact of gaming in a fascinating [podcast](#).

Finally: our recent webinar on **Understanding Girls** with Dr Tara Porter was one of the most popular online events we’ve ever held at Tooled Up. Many of you have been asking when the recording and notes will be available. The wait is over! You can delve into this session [here](#).

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





The Benefits of Rough and Tumble Play



Why is Play so Important?



Wednesday Wisdom: Family Games



Adventurous Play



Gaming and Mental Health



Understanding Girls

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