

# MOM 2 MOM ON RISKY PLAY

It can be tough to balance safety concerns with the desire to raise active kids.

## MOM RECOMMENDED

Check out these mom-approved tips to help you manage risky play.

“Start teaching them early, so you both feel confident when it’s time for them to venture out into the world.”

Shayna (MOM OF 1)

“Show them how to cross the street safely and play safely on the playground when they’re young.”

“Invest in walkie talkies. You get some peace of mind and your kids get a bit more freedom to roam.”

Kim (MOM OF 2)

“I have to be constantly pushing my comfort levels with them as well as letting them push their own.”

Kathryn (MOM OF 2)

“The most powerful way to learn is to let kids experience things themselves. And I agree with that but it’s very hard to do as a parent.”

Cindy (MOM OF 2)



## BOOKS TO RAISE ACTIVE KIDS BY

» *50 Dangerous Things (You Should Let Your Children Do)* by Gever Tully

» *Balanced and Barefoot: How Unrestricted Play Makes for Strong, Confident and Capable Children* by Angela J. Hansom

» *Playborhood: Turn Your Neighborhood into a Place for Play* by Mike Lanza

## MOMS RULE

Setting rules and sticking to them can be the hardest part. Here are some mom-recommended risky play rules.

“We have a rule in our house in the summer time, when they go out to play, just come home when the street lights come on.” Sherilyn (MOM OF 3)

“I ask that my kids check in with me once in a while. The younger the age, the more frequent I expect them to check in.” Kara (MOM OF 2)

“For the four-year olds, they can stay in the yard on their own (I watch from afar) and they can ride bikes down the street with me watching.” Gillian (MOM OF 6)

**WE NEED TO RECOGNIZE THE DIFFERENCE BETWEEN DANGER AND RISK. AND WE NEED TO VALUE LONG-TERM HEALTH AND FUN AS MUCH AS WE VALUE SAFETY.**

The Active Outdoor Play Position Statement, led by the HALO research group at the CHEO Research Institute

“I think kids are smart enough for the most part to know their own limits.”

Michelle (MOM OF 2)

## LEARN MORE

Listen to the MOM 2 MOM Podcast today or download an episode for later!

» We tackle risky play in episode 2.



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