



## Lithgow Adventure Play Park - we need your feedback!

Western Sydney University Research group is currently exploring parent's and carer's perceptions and experiences of the **Lithgow Adventure Play Park**. Our research looking at the importance of outdoor risky play and how it provides the foundations early childhood learning.

The park's thoughtful design, which incorporates natural elements and challenging play structures, encourages children to explore and push their boundaries. This form of "risky play" has been extensively documented in scholarly literature as being essential for child development.



Research is showing that adventurous risky play promotes healthy brain development. It is defined as a thrilling and exciting form of play that involves a risk of physical injury, and is crucial in fostering:

- **Physical health and agility**
- **Resilience - emotional and physical**
- **Linguistic capabilities**
- **Creativity**

Parks like the **Lithgow Adventure Play Park** allow our young to explore their limitations or boundaries and expand their comfort zones in a supportive and fun environment.

We are gathering feedback from all parents and carers and would appreciate you completing the attached short survey. Access via QR code.

Community feedback is crucial in ensuring that parks like Lithgow Adventure Play Park are commonplace in our communities.

If you have any questions, please don't hesitate to call Philip Jackson: 0416 023 867.

Thank you!

