

**March 27, 2017**

## **Popping The Bubble Wrap For Children's Health**

Most of us have memories of childhoods with long hours spent outdoors and away from watchful eyes of adults. The childhood of today looks very different, with more time spent indoors, supervised and in front of screens. This interactive presentation will explore the pressures limiting children's outdoor play time and research examining the influence on children's health and development.

Learning objectives:

- To review evidence on the influence of outdoor risky play on children's health and wellbeing.
- To discuss implications of anxiety-based caregiving on children's health and well-being.
- To consider strategies for overcoming barriers to children's risky play.

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Rounds are held weekly on Mondays from 12:00 pm to 1:00 pm in the VGH Research Pavilion, Room 700, 7<sup>th</sup> Floor, 828 West 10th Avenue, Vancouver, BC.

Visit [www.C2E2.ca](http://www.C2E2.ca) for information about previous and upcoming rounds. If you are interested in presenting or attending remotely please email [pamela.lee@ubc.ca](mailto:pamela.lee@ubc.ca).