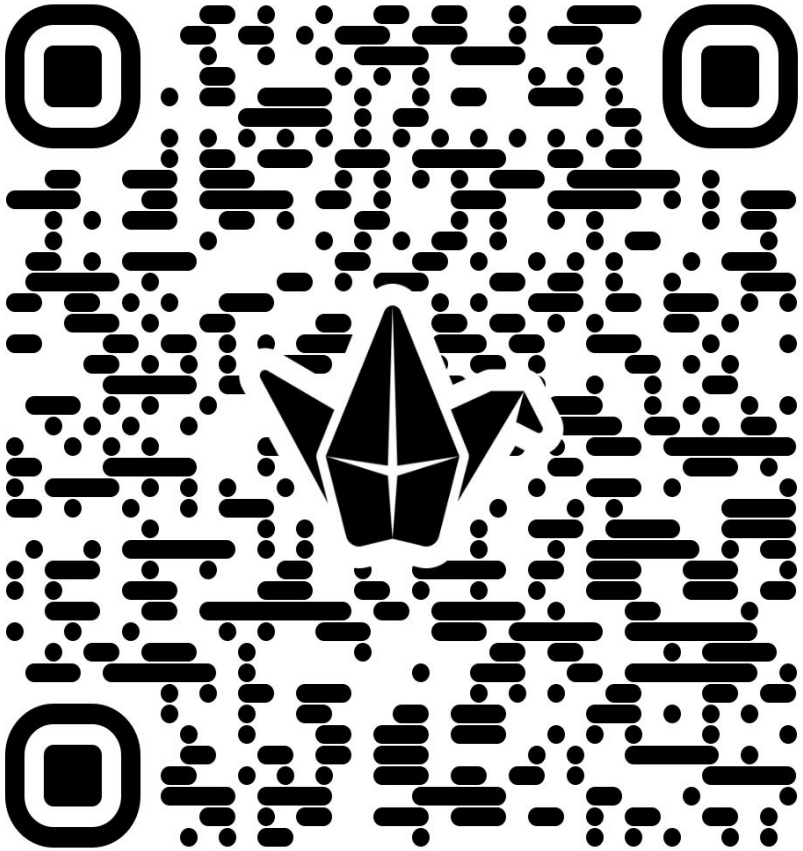
Bernadette Bradley
Adult Nurse and Health Visitor
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Email: Bernadette.Bradley@gcu.ac.uk

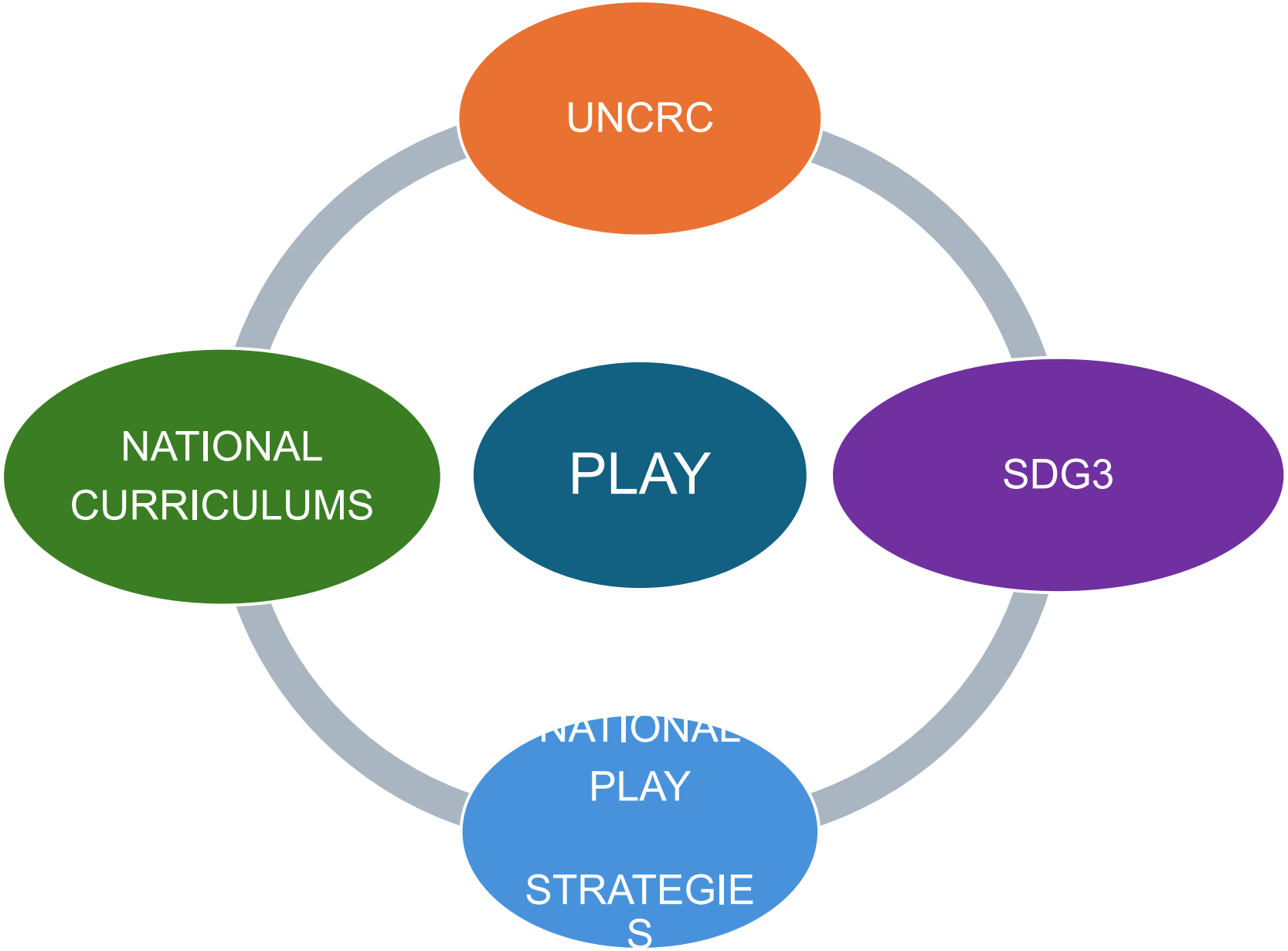
Wednesday 5th November 2025

Public Health in the Early Years;
The Interconnectedness of Authentic Free Play, Social Prescribing and Health Visiting

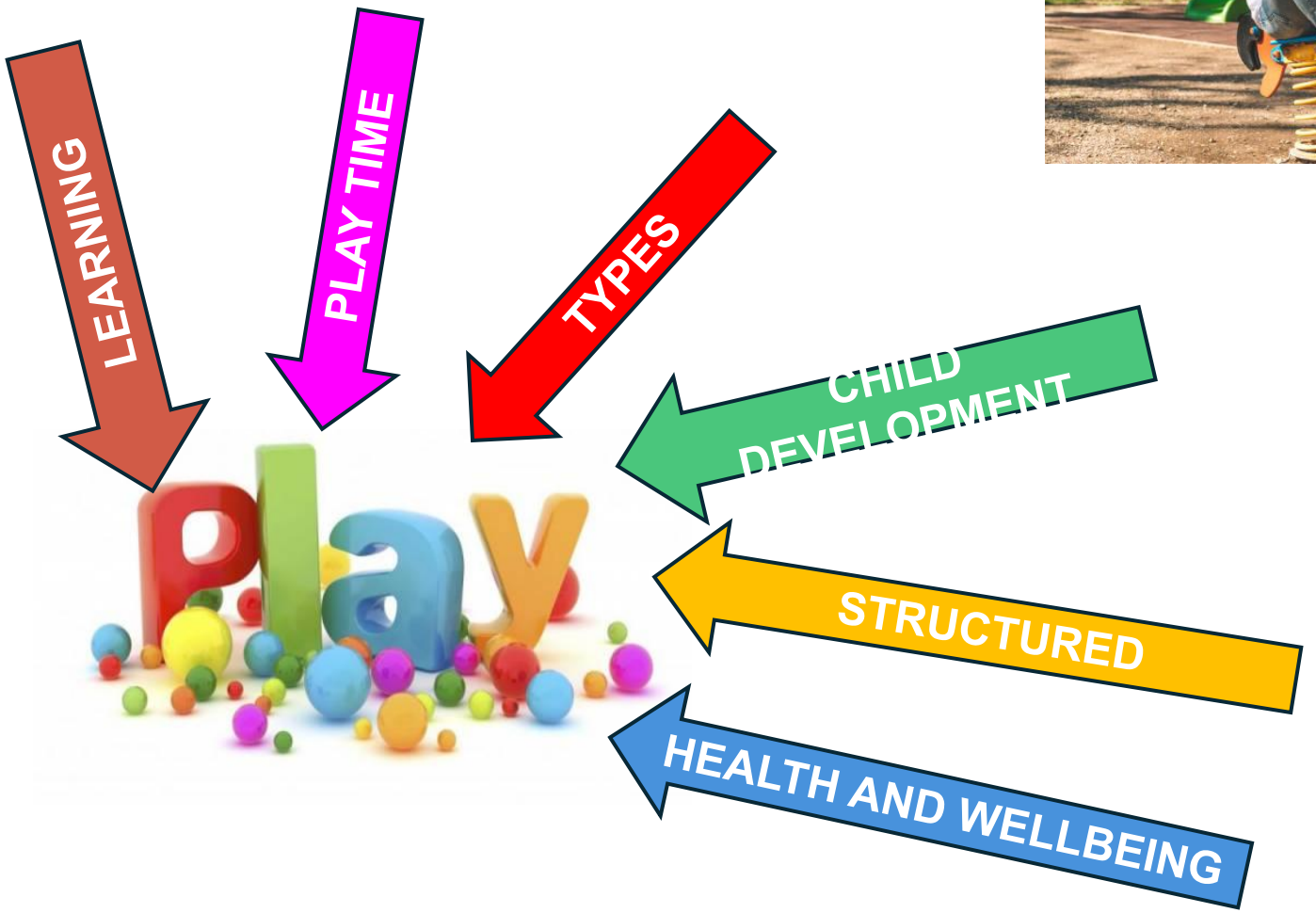
What do you think of when you hear the word play?

https://padlet.com/bbradley1_2/what-do-you-think-when-you-hear-the-word-play-mai14ec0rtkbbpte

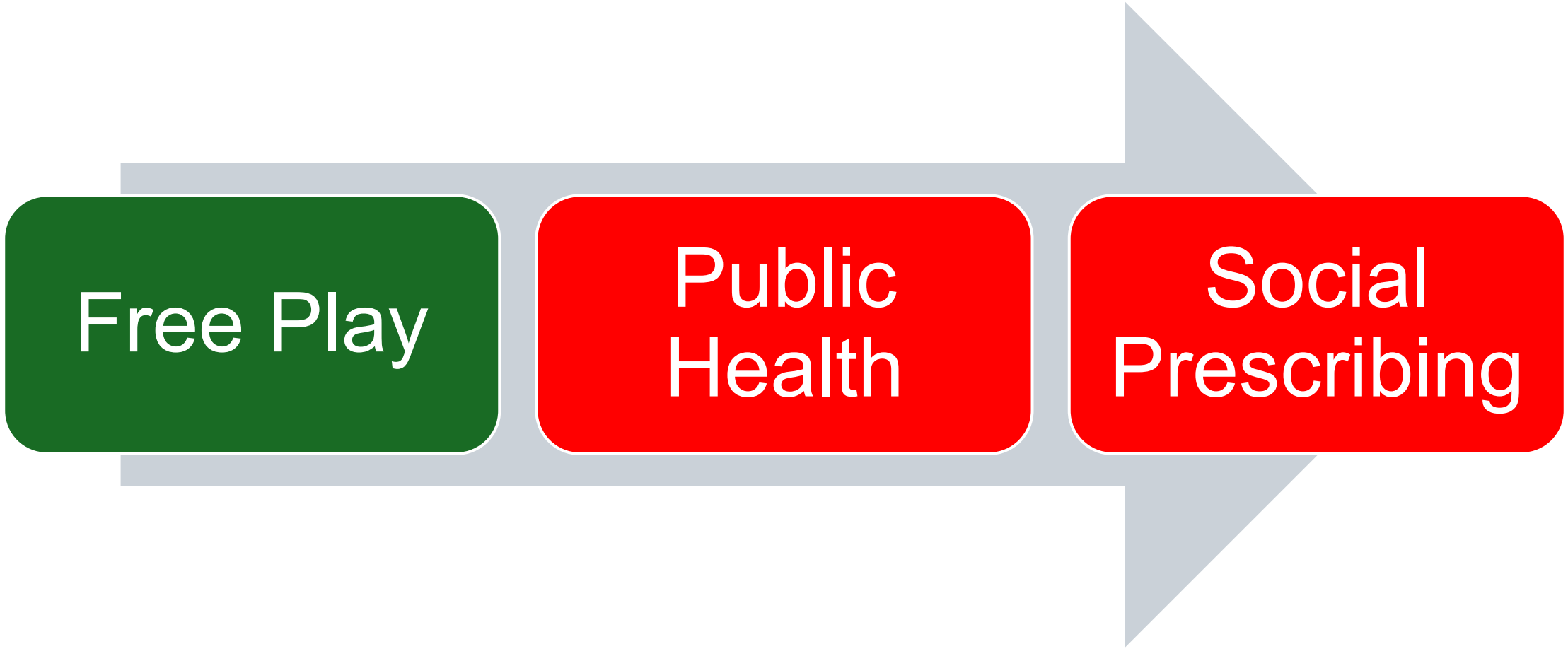



UNCRC
NATIONAL CURRICULUMS
PLAY
SDG3
PLAY
STRATEGIES




LEARNING
PLAY TIME
TYPES
CHILD DEVELOPMENT
STRUCTURED
HEALTH AND WELLBEING
play

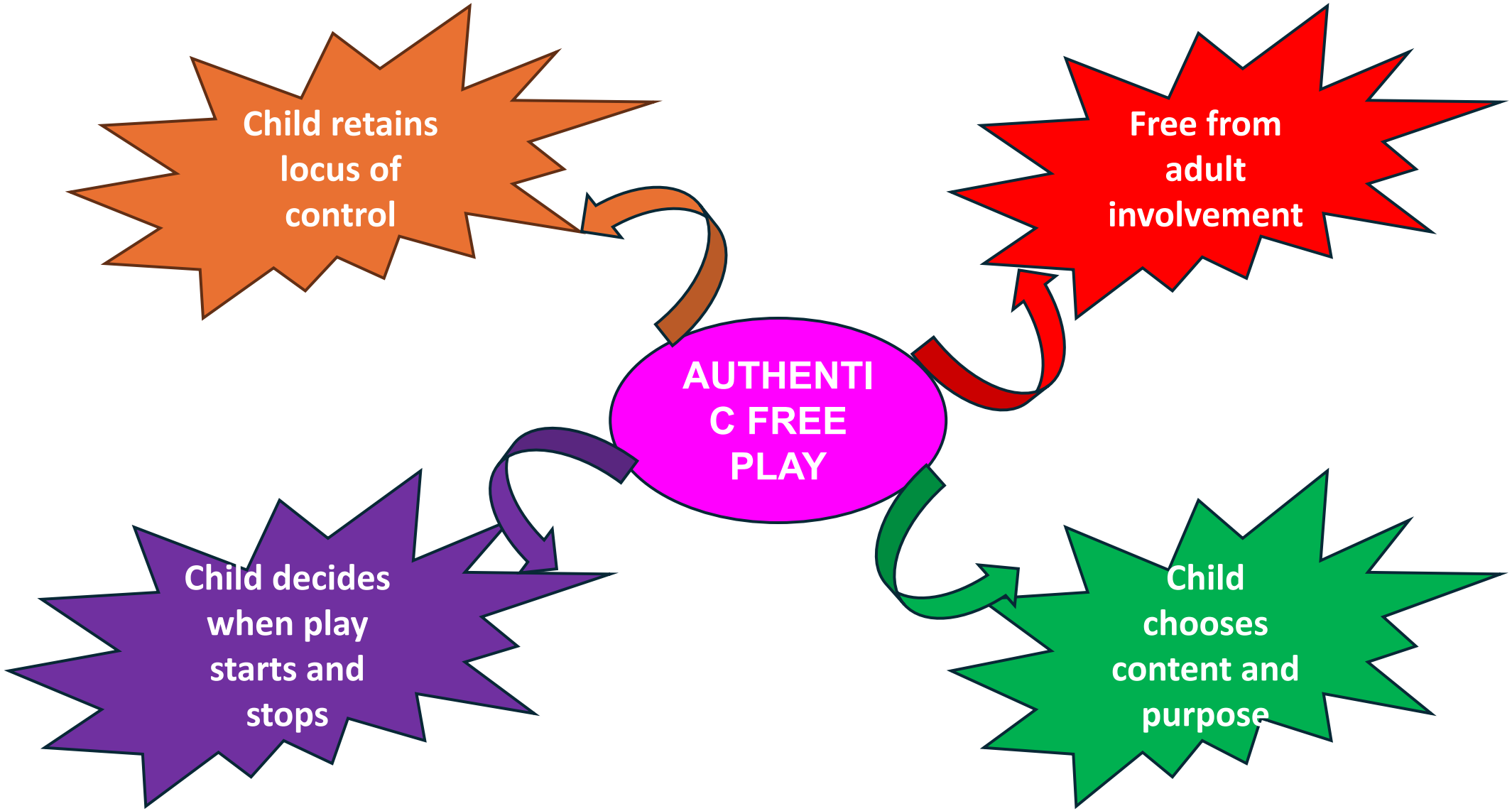
Solution Focused



Authentic Free Play

- **UNICEF 2025 describe free play as;**

- *'when children have **full freedom** to play in **whatever way they want**. They can **choose everything** – they have the freedom to select their play materials, interest area and even the plot'*


Child retains locus of control
Free from adult involvement
AUTHENTIC FREE PLAY
Child decides when play starts and stops
Child chooses content and purpose

Strengths of Authentic Free Play

- Promotes socio-emotional and pro social development
- Develops cognitive skills and build creativity
- Encourages problem solving
- Promotes self regulation and expression
- Aligns to many stage and non stage child development theorists

Strengths of Free Play and related soft skills

Learn to manage frustration and disappointment

- Promotes socio-emotional and pro social development
- Develops cognitive skills and build creativity
- Encourages problem solving
- Promotes self regulation and expression

Executive skills

Empathy

Sharing

Managing emotions

Confidence

Negotiation

Resilience

Emotional Intelligence

Kindness

Foundations of learning

Building relationships

Critical thinking

Co-operation

The Interconnectedness

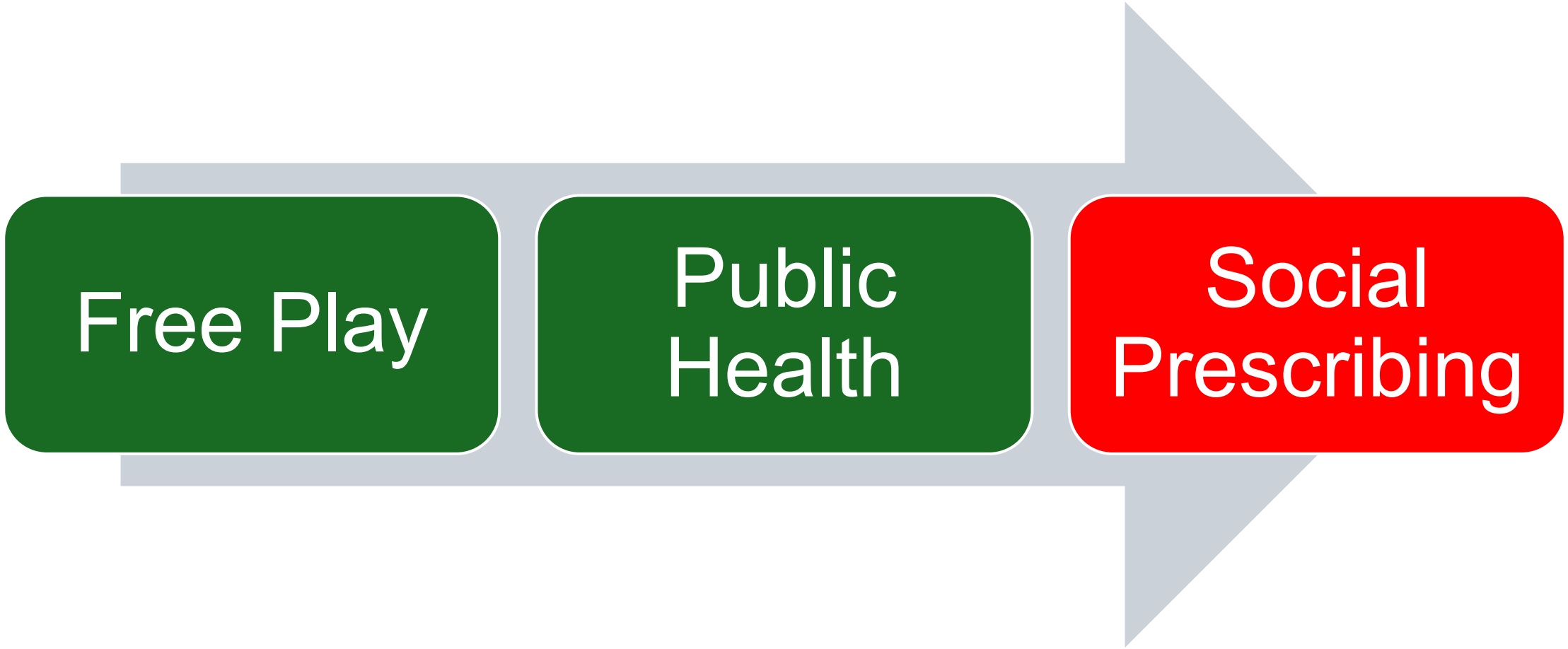
Free Play

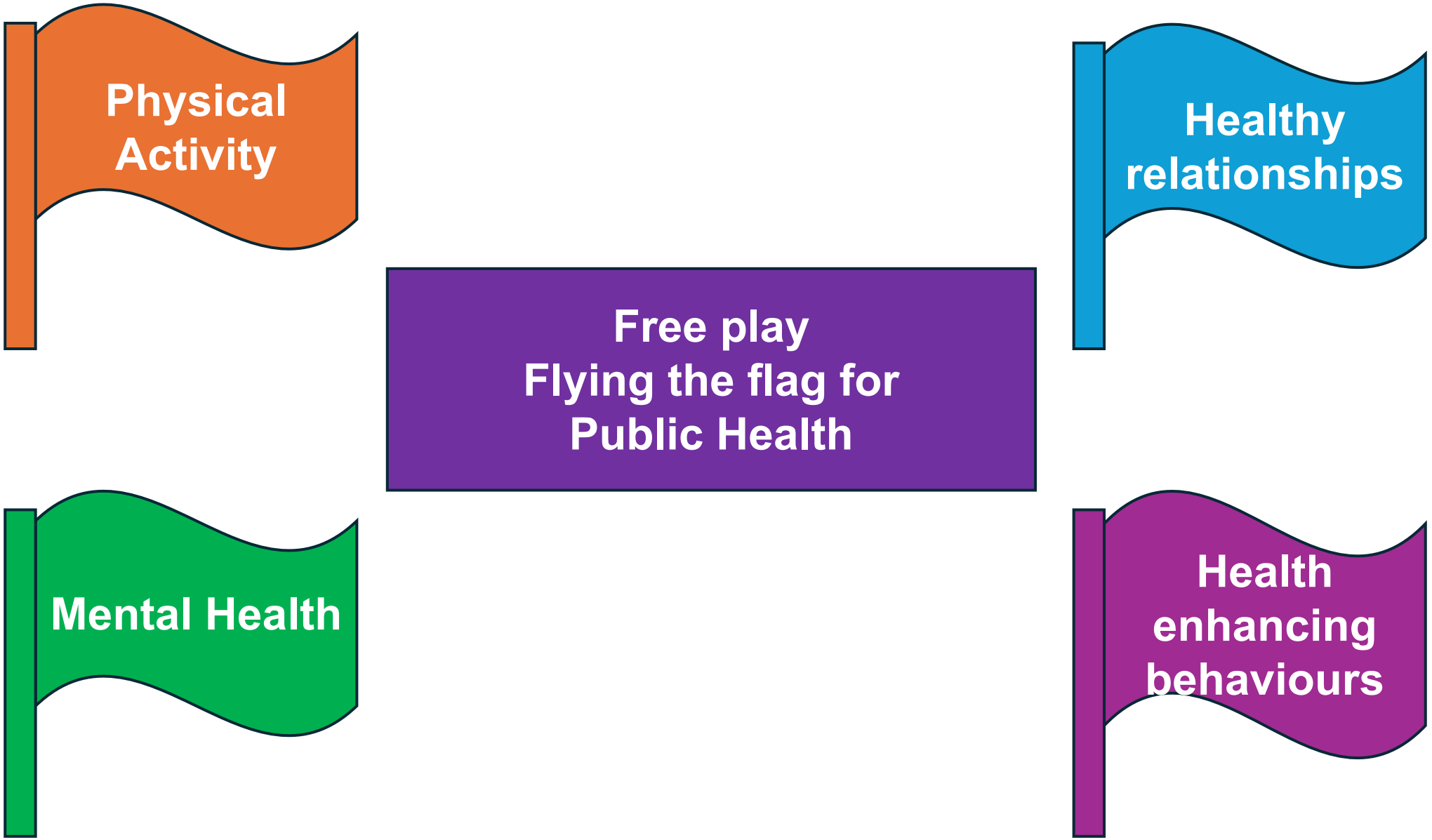
Soft Skills

Active Global Citizenship

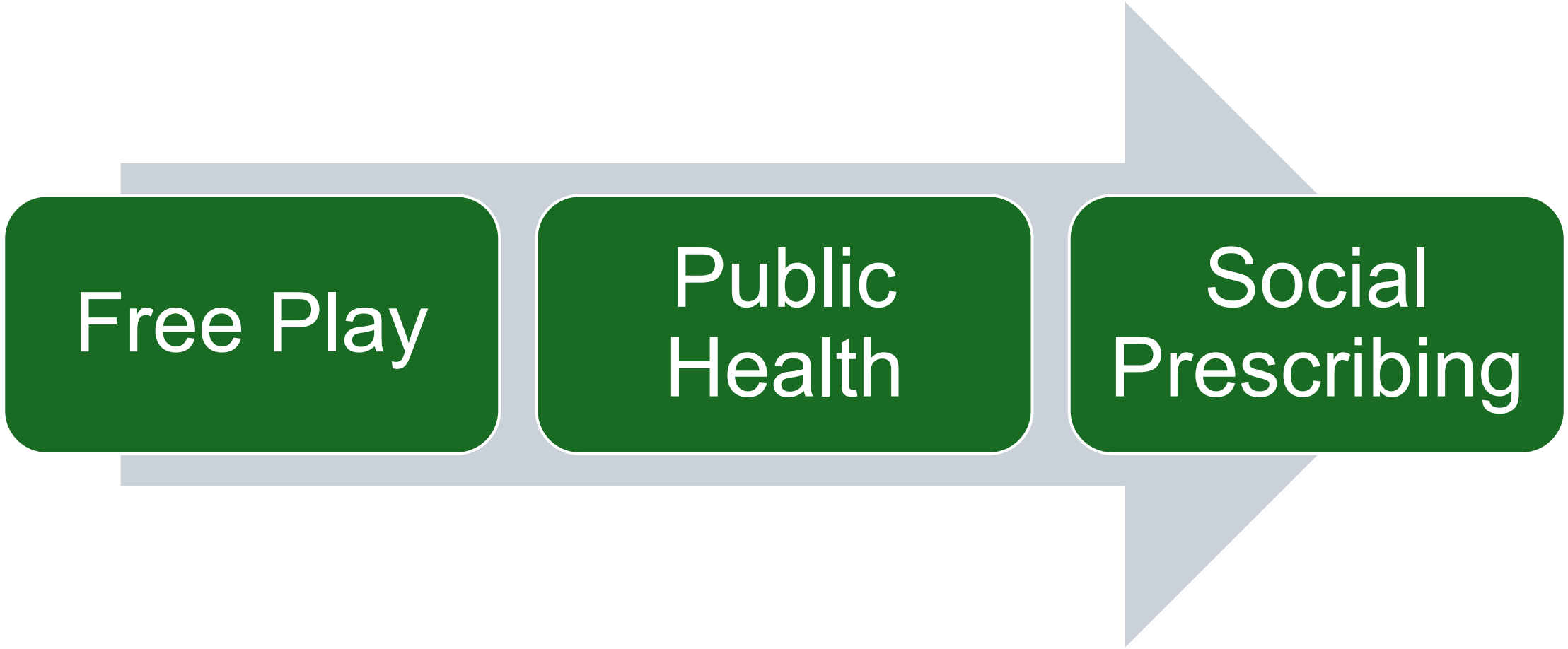
Public Health

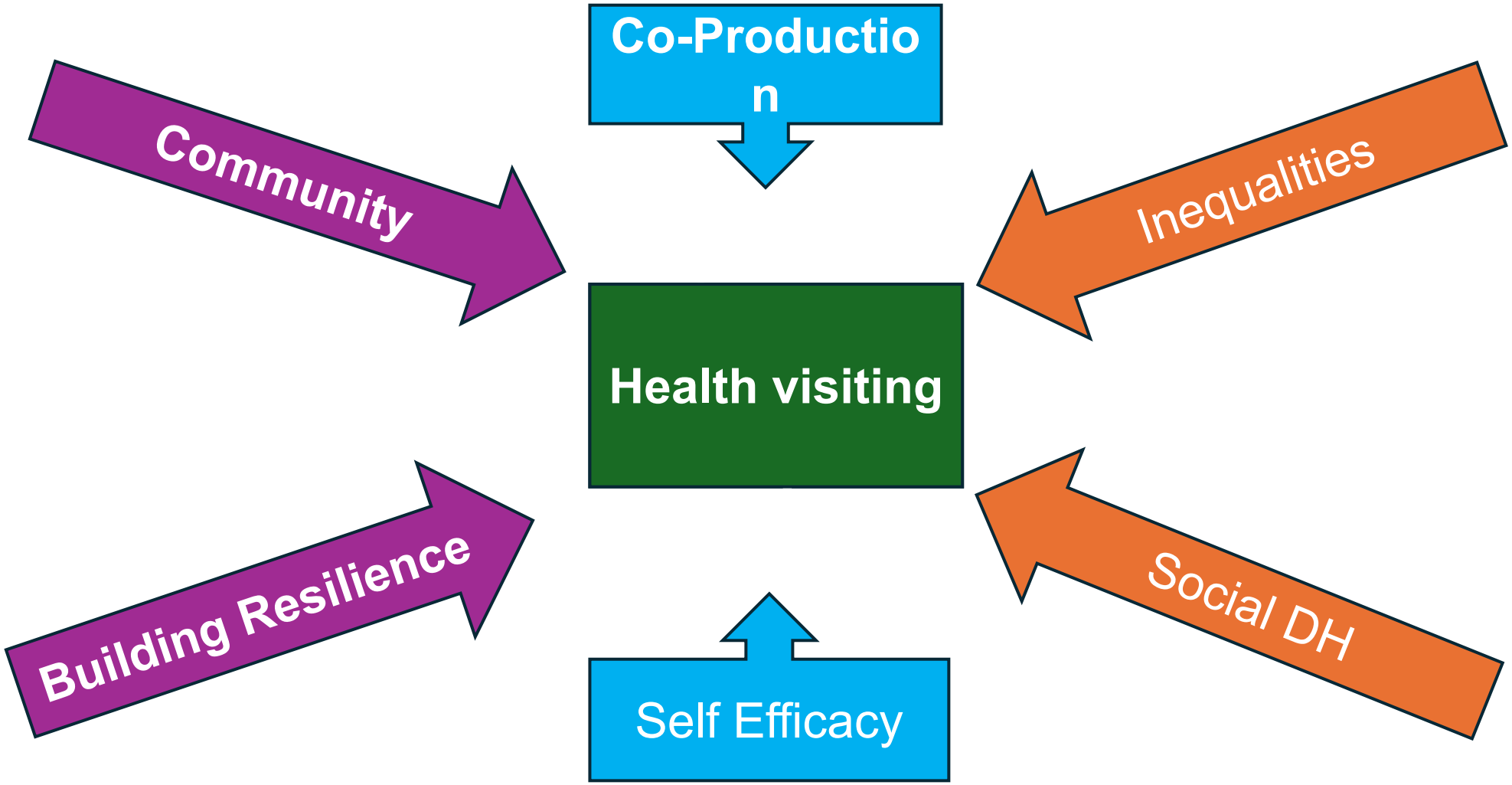
Solution Focused




Physical Activity
Healthy relationships
Free play
Flying the flag for Public Health
Mental Health
Health enhancing behaviours

Solution Focused




Co-Productio
n
Community
Inequalities
Health visiting
Building Resilience
Social DH
Self Efficacy

ADVOCACY

Health Visitors

CULTURE

RESEARCH

Public Health



Free Play

ASSETS

COLLABORATIO N

Social Prescribing

EDUCATION

What do you think now?

https://padlet.com/bbradley1_2/play-what-do-you-think-now-9r4dfc8hpepx3cof



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