

Living Safely

with disabilities and special health needs

Playground Safety



Children's
Specialized Hospital®

An RWJBarnabas Health facility



A playground is an area set up for children to play and have fun. Playing with others can be very fun.

There may be other children playing at the playground. Many times, there are a lot of children at a playground. I should always be polite and kind to others on the playground.



When at a playground, I should stay in safe areas.

It's important to avoid standing near swings and other moving playground equipment.



I shouldn't pick up or eat wood chips, rocks, gravel, sand, sticks, or dirt.



I may want to play alone.



If a child is playing at the playground and I want to join in, ask, “Can I play with you?”

If the child wants to play with me, say, “Thank you.”

If the child does not want to play, I can find another person to ask.

If the children at the playground don’t want to play, it is okay because everyone likes to do different things.



When playing a game with friends, there may be game rules. If I do not know the rules, I can ask my friends to explain them.

I can try playing games that other kids enjoy. It is nice to try games other people like and share games I like to play.



It is important to take turns on the playground. I may need to wait in line to play on playground equipment until it is my turn.

Once I have a turn on the play equipment, I let others enjoy it and take turns.



I don't push or pull anyone off playground equipment.

I give others enough space so all can play safely.



Swinging on the swing can be fun.

I make sure no one is in front or behind me when I swing. If someone is too close, they can get hurt.

I don't jump off a moving swing.



I need to be careful when climbing on play equipment.

On a slide, I make sure that no one is below the slide before sliding down. I could hurt someone if I slide into them.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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This initiative was funded in part by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.



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