

## Garden Play Equipment

Movement opportunities are vital to any child's development. These are not endorsements for use of these companies but ideas of suitable playground equipment, many other suppliers are available. These types of large play climbing frames can be beneficial for children who need to climb and move for their sensory needs.

When thinking about garden equipment, consider what your child enjoys and try to match this with the equipment you opt for.

Children who like <b>balancing</b>	Opt for equipment with balance component, like wobble bridge, think about how your child may use the equipment such as balancing on top of monkey bars which may be dangerous.
Children who like <b>hanging from things</b> or <b>pulling</b> or <b>pushing</b> objects or people	Monkey bars are great to hang from to get input into the shoulder and arm muscles and joints. Trapeze swing.
Children who like <b>movement</b> , fidgeting and <b>rocking</b>	Swings – standard swings, net swings, tyre swings, see saw swings
Children who need more <b>postural support</b> but enjoy movement	Net swings, hammock swings
Children who like getting into <b>small spaces</b> or <b>climbing</b> up using lots of their body (e.g. climbing up door frames)	Places to climb – climbing nets, climbing walls, ladders, monkey bars. Also think about having a den or house attached
<b>Sites for inspiration:</b>	
	<b>Treetops Wooden Play Equipment</b> <a href="http://woodenclimbingframesandplayequipment.co.uk/">http://woodenclimbingframesandplayequipment.co.uk/</a>
	<b>Climbing Frames UK</b> <a href="http://www.climbingframesuk.com/">http://www.climbingframesuk.com/</a>



## Brave Toys

<https://bravetoys.com/>

## Contact details

### Children's Therapy Service

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

The Health Information Centre  
Poole Hospital NHS Foundation Trust  
Longfleet Road  
Poole  
Dorset  
BH15 2JB  
Telephone: 0300 019 8003

[www.poole.nhs.uk](http://www.poole.nhs.uk)

Author: Anna Willis reviewed by Becca Shelton

Date: September 2020

Review date: September 2021

Version number: 2

Head of Department: Karina Parish

**We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 0300 019 8499, text 07758 272495 or email [pals@poole.nhs.uk](mailto:pals@poole.nhs.uk) for advice.**

**If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience team confidentially: phone 0300 019 8003, write to the Health Information Centre (address above), or email [healthinfo@poole.nhs.uk](mailto:healthinfo@poole.nhs.uk).**