



Child Friendly Environments: Factors Influencing Children's Activities

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Message from the Guest Editors

Dear Colleagues,

Many children across the world do not currently meet the recommended levels of physical activity. Participation in physical activity provides many benefits for the physical and mental health and cognitive development of children. While the importance of outdoor play and independent travel has been recognized, children's outdoor time has reduced over the past several decades. Children's leisure time is increasingly spent indoors and supervised rather than independently outdoors. Parents are increasingly placing restrictions on their children due to perceived risks, resulting in lower levels of physical activity.

To turn this trend around, the urban environment should become safer and more child friendly. To achieve this, many approaches are necessary, including: insight into mechanisms of behavior change, parental perceptions and decisions; the influence of the community (or social environment), technology, or policies on independent travel and play; how the physical built environment facilitates or limits children's play and travel.





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Message from the Editor-in-Chief

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