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Leisure Is Important for Kids With Neurodevelopmental Disabilities

What is this research about?

Fun activities are important for a child's healthy development. This includes children with neurodevelopmental disabilities (NDDs). Participating in leisure activities may be related to quality of life. What is the link between engaging in fun activities and quality of life (QoL) for these children?

What did the researchers do?

The researchers reviewed previous studies on leisure activities and the QoL for children with NDDs. They used key words in search engines that related to children with NDDs and recreation. The researchers narrowed their focus on studies with children under 19 years old. In total, data from 19 studies were extracted and analyzed.

What did the researchers find?

Both formal (organized sports) and informal (a game of tag) activities saw positive outcomes for children with NDDs. Positive outcomes emerged from their physical, psyche, emotions, intellect and social well-being.

What you need to know:

Participating in leisure activities is important for the healthy growth of children with neurodevelopmental disabilities. It is important to ensure that they can fully participate. Participating in leisure activities may also increase the child's quality of life.

Some negative impacts were also reported. These included the inability to complete the task, which made the child feel excluded. Programs should accommodate different abilities in order for activities to have a positive impact on the child's QoL.

How can you use this research?

This may be useful to parents of children with NDDs. Parents may help their child select fun activities that involve a variety of peers. It may also help to assess whether leisure activities are accessible for their child. Parents can assist their child in doing an activity of their choosing, even if it means doing it differently so that they can succeed.

Health practitioners may also use this research to increase a patient's ability to participate in leisure activities. They should facilitate and encourage participation in a wide range of activities to improve QoL for children with NDDs.

About the Researchers

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Citation

Dahan-Oliel, N., Shikako-Thomas, K., and Majnemer, A., 2012. Quality of Life and Leisure Participation in Children With Neurodevelopmental Disabilities: A Thematic Analysis of the Literature. *Quality of Life Research*, 21(3), pp. 427-439.

Available online at bit.ly/1kbtmXo

Keywords

Neurodevelopmental disability, Leisure, Activity, Children, Quality of life

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