



<p>Tyre Tunnel</p> 	<ul style="list-style-type: none"> • helps children learn to crawl • is especially useful for children with developmental delays. • The sand bed allows for • safety • provides tactile stimulation on hands, knees and legs.
<p>Tandem Walk</p> 	<p>The row of bricks kept first close together and gradually further apart helps children:</p> <ul style="list-style-type: none"> • learn to walk keeping one step in front of the other (tandem walk). • The railing on the fence offers support.

Coles Park offers an inclusive play environment for all children, an atmosphere where all children play together with mutual respect. This provides children with disabilities an opportunity to socialise with their peers while for children without disabilities it provides the scope for developing sensitivity and understanding.

Families with children with and without disabilities meet every Saturday at Coles Park from 10.00 a.m to 12 noon. Please do join us and watch barriers disappear!

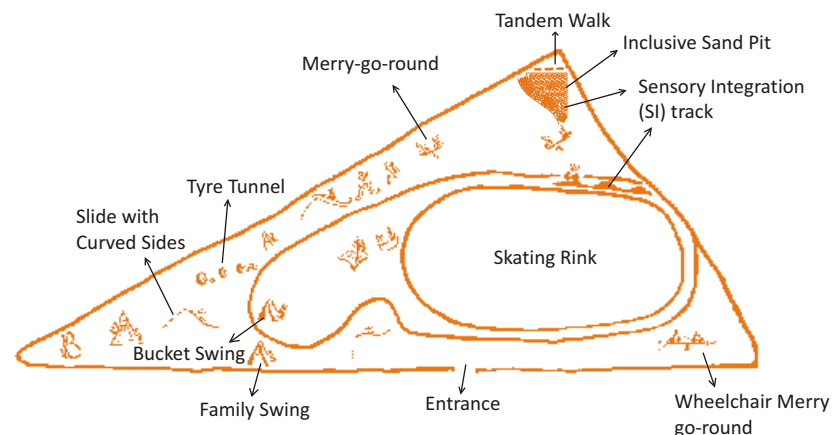
Do you know what makes Coles Park unique?



Congested urban spaces, increasing traffic, pressure of schoolwork ...all of this often compels us to sacrifice children's outdoor play at the cost of their development. Neighbourhood public parks are usually well landscaped with jogging tracks, but they still lack something vital - an inclusive playspace for children. A space that is welcoming and accessible for all children – both with and without disabilities. An environment that meets every child's needs for play, recreation, socialising and challenge in the same place and in a variety of ways. **And that's what's special about Coles Park - it is Bangalore's only inclusive playspace with a host of specially designed equipment that is developmentally appropriate for all children.**

2 years ago, Kilikili – a registered trust founded by parents of children with disabilities – initiated efforts to make Coles Park in Bangalore East inclusive. Kilikili brings together **parents, concerned citizens, the Bruhat Bengaluru Mahanagar Palike (BBMP - the City Corporation), and local companies** to achieve this. The result speaks for itself – Coles Park today boasts of a **completely redesigned play area and new play equipment** that offers all children the freedom to challenge themselves, take risks and have fun, while playing with their peers.






Children learn to play naturally. We, in turn, need to ensure that they have enough time and opportunity to do so, in an environment that encourages exploration and active engagement. The feeling of independence that a playspace offers is critical for building a child's self-confidence. It is up to us now to further this process at Coles Park. This only means getting actively involved by regularly using and maintaining our park and spreading the word about how special it is!







kilikili

breaking barriers through play

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Here is a brief description of some of the play equipment introduced at Coles Park and its benefits for all children:	
<p>Bucket Swing</p>  <p>below 5 years</p>	<p>Spontaneous play on the swing helps:</p> <ul style="list-style-type: none"> • develop coordination • balance • flexibility and strength. <p>The design of the bucket swing is:</p> <ul style="list-style-type: none"> • suitable for little children offering greater security • ensures upper body support and better grip for children with developmental delays.
<p>Family Swing</p>  <p>2-14 years, wheelchair users</p>	<p>The bench design of the family swing helps children:</p> <ul style="list-style-type: none"> • build social skills - make new friends and interact with one another while swinging together • achieve balance and coordination <p>For children requiring support, the family swing offers the possibility of parents/caregivers sitting alongside and sharing the joy and benefits of swinging together.</p>
<p>Slide with curved sides</p>  <p>2-12 years</p>	<p>The slide develops:</p> <ul style="list-style-type: none"> • sensori-motor and spatial awareness • confidence to balance body in space • reflex reactions • social skills: turn taking, assisting other children. <p>The raised edges offers security to children who may be scared of sliding down.</p>
<p>Merry – go - round</p>  <p>3-14 years</p>	<p>The merry-go round helps children:</p> <ul style="list-style-type: none"> • develop fine and gross motor skills - gripping handles and balancing their body in motion • in multi-sensorial development, self-control.
<p>Wheelchair merry go round</p>  <p>4-14 years</p>	<p>The wheelchair merry-go-round specially caters to:</p> <ul style="list-style-type: none"> • children with orthopaedic difficulties, cerebral palsy or multiple disabilities. <p>It supports them to:</p> <ul style="list-style-type: none"> • independently balance their body and enhances their self-confidence • enjoy a play equipment alongwith other children.

<p>Inclusive Sand pit</p>  <p>2-14 years</p>	<p>The simple activity of pouring, filling, smoothening and measuring sand is not just fun. This versatile play material has numerous benefits for all children.</p> <ul style="list-style-type: none"> • It offers the child sensory stimulation, related to touch (tactile) and movement of limbs (kinesthetic) which in turn forms the basis for coordinated movement • It strengthens fingers and enables pre-writing skills • It kindles scientific reasoning and cognitive problem-solving • Sand play is creative and calming <p>The Inclusive sandpit is designed to ensure access to children on wheelchairs as well. <i>So the next time your child heads to the sandpit, instead of chiding her, just accompany her!</i></p>
<p>Sensory Integration (SI) track</p>   <p>2-18 years</p>	<p>Sensory Integration refers to the process by which:</p> <ul style="list-style-type: none"> • the brain organises and interprets touch, movement, body-awareness, sight, sound, and gravity in a holistic manner • It is critical for children to perceive and respond to their environment. <p>The SI track offers a variety of stimuli for all children:</p> <ul style="list-style-type: none"> • to develop sensory awareness and enhance cognition • soft textures of sand and grass are used with concrete (rough texture) on a pathway that winds up and down. <p>The SI pathway is very useful for children with sensory integration issues as it addresses the children's need to seek different stimuli and enables their responses to gradually normalise.</p>
<p>Basketball Hoop</p>  <p>4-18 years</p>	<p>Basketball is useful for children to:</p> <ul style="list-style-type: none"> • develop eye-hand coordination • build concentration • learn to take turns • build language and social skills. <p>The hoops are at two levels a lower one for younger children and children on wheelchairs, the higher one for others.</p>