THE DEVELOPMENTAL BENEFITS OF PLAY

Playground features can support physical growth, sensory regulation, creativity, confidence, friendship, and belonging.

Sliding

- Builds motor planning and body awareness.
- Different heights and surfaces encourage safe risk-taking.
- Provides opportunities to practice balance and coordination.

Rocking

- Rhythmic movement may support calming and regulation.
- Strengthens balance and spatial orientation.
- Encourages cause-and-effect learning through movement.

Quiet Nooks

- Offers a quieter place to pause and reset.
- Supports children who need a break from noise or activity.
- Encourages independent, imaginative, and reflective play.

Climbing

- Develops strength, balance, mobility, and coordination.
- Refines motor planning and problem-solving skills.
- Builds confidence and spatial awareness.

Musical & Auditory Play

- Creates dynamic sensory and cause-and-effect experiences.
- Supports rhythm, listening, and self-expression.
- Encourages cooperation and shared play across ages.

Spinning

- Strengthens core control, balance, and spatial awareness.
- Provides vestibular movement and sensory input.
- Supports rhythm and whole-body coordination.

Swinging

- Develops motor planning and body control.
- Strengthens core and back muscles.
- Offers a distinctive sensory and regulating experience.

Social & Imaginative Play

- Builds communication, cooperation, and turn-taking.
- Encourages creativity, role-play, and problem-solving.
- Creates opportunities for friendship and belonging.

INCLUSIVE PLAY: ACCESS + CHOICE + PARTICIPATION + BELONGING

1 ACCESS
Clear routes, usable surfaces, and ways to enter or transfer into play areas.

2 CHOICE
Active, quiet, sensory, social, and imaginative options for different needs.

3 PARTICIPATION
Multiple ways to engage so children can play together at their own level.

4 BELONGING
Integrated experiences that help a wide range of ages and abilities feel welcome.

Features and amenities vary by park and playground. Developmental benefits are general and depend on age, ability, supervision, and how equipment is used.

Content adapted from the play-benefits framework shown in the Anchorage Parks and Recreation "State of Play" infographic.

PLAYGROUND FEATURES BY PARK

Explore the types of play available across Dover Area Parks & Recreation playgrounds.

FEATURES AVAILABLE AT EACH PARK

BROOKSIDE PARK

SWINGING • SLIDING • QUIET NOOKS • CLIMBING
SOCIAL & IMAGINATIVE PLAY

LEHR PARK

SWINGING • SLIDING • ROCKING • CLIMBING
MUSICAL & AUDITORY PLAY • SOCIAL & IMAGINATIVE PLAY

EDGEWOOD PARK

SLIDING • CLIMBING
SOCIAL & IMAGINATIVE PLAY

MAYFIELD PARK

SLIDING • SWINGING • CLIMBING
SOCIAL & IMAGINATIVE PLAY

DOVER COMMUNITY PARK

SLIDING • QUIET NOOKS
SOCIAL & IMAGINATIVE PLAY

AT-A-GLANCE FEATURE MATRIX

PARK	SLIDING	SWINGING	ROCKING	QUIET NOOKS	CLIMBING	MUSICAL & AUDITORY PLAY	SOCIAL & IMAGINATIVE PLAY
Brookside Park	●	●	—	●	●	—	●
Lehr Park	●	●	●	—	●	●	●
Edgewood Park	●	—	—	—	●	—	●
Mayfield Park	●	●	—	—	●	—	●
Dover Community Park	●	—	—	●	—	—	●

Each feature corresponds to a developmental play category described on Page 1.

Features may change due to maintenance, equipment replacement, or future park improvements.