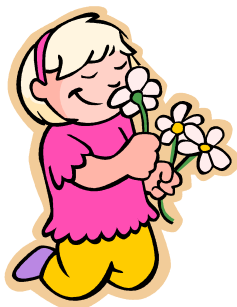




Your Child and the Great Outdoors



Why play out?

Outdoor provision is vital for babies, toddlers and young children.

A rich outdoor play space will offer your child:



Space to be noisy, active and boisterous



Fresh air - allows more oxygen to the brain



Experience of different weathers and seasons



Direct contact with the natural world



Freedom; do things *not* possible indoors - MESS!



Multi-sensory experiences



Emotional and physical well being



Real experiences - growing, digging, sweeping



Challenge and awareness of safety



Natural light - essential for learning

What will your child enjoy?



Filling / emptying ; lifting / carrying



Hiding / going in and out of boxes, tents, etc



Digging and exploring materials like soil, sand, woodchip



Looking for and learning to care for living things



Collecting objects - arranging these in rows and patterns



Splashing in puddles; feeling the wind and rain



Exploring natural materials like leaves, cones, pebbles

How can you support your child's outdoor play?



Provide suitable clothing for all weathers



Encourage your child to care for living things



Provide simple open-ended resources to explore



Share snack and meals outside



Role model and involve your child in outdoor activities such as gardening, washing the car, cleaning windows, sweeping the path, feeding wildlife, etc

Some ideas for outdoor play at home

Outdoor resources need not cost the earth. Simple, everyday objects with many uses are just, if not more valuable.



Boxes, buckets and baskets



Ribbons, streamers, bubbles



Cones, pebbles, shells, log off-cuts



Sponges, brushes, rollers



Sand, water, soil, woodchip



Guttering, pipes, watering cans, hosepipe



Bread / milk crates; large boxes



Blankets, pegs, clothes maidens



Tyres, planks

