

# HOW PARENTS AND CARERS CAN SUPPORT OUTDOOR PLAY

YOU CAN SUPPORT OUTDOOR PLAY BY:

- ENSURING YOUR CHILD IS WEARING THE RIGHT CLOTHES FOR THE WEATHER.
- LAYERS ARE GREAT, THEY CAN BE ADDED OR REMOVED TO SUIT THE CONDITIONS.
- A WATERPROOF JACKET AND WELLIES ARE ESSENTIAL.
- WATERPROOF TROUSERS OR AN ALL IN ONE SUIT ARE ALSO USEFUL – SOME SETTINGS WILL PROVIDE THESE FOR YOUR CHILDREN.

CHECK WITH YOUR CHILD'S ACADEMY FOR SPECIFIC RECOMMENDATIONS.



- HELPING YOUR CHILD DEVELOP SELF-HELP SKILLS BY SUPPORTING THEM TO LEARN HOW TO PUT THEIR OUTDOOR CLOTHES ON INDEPENDENTLY.
- BRINGING A HAT AND GLOVES AND WEAR WARM SOCKS IN THE COLDER MONTHS.



IF YOUR CHILD COMES HOME A BIT MUDDY OR MESSY, ASK THEM WHAT THEY WERE DOING. TRY AND ENCOURAGE THEM TO ENJOY OUTDOOR PLAY AND LEARNING.



# IMPORTANCE OF OUTDOOR LEARNING IN EARLY YEARS



A LEAFLET FOR PARENTS / CARERS



## BENEFITS OF OUTDOOR PLAY

- FRESH AIR, NATURAL MATERIALS AND AREAS FOR DIGGING, GROWING AND SPLASHING IN PUDDLES CAN CONTRIBUTE TO CHILDREN'S DEVELOPMENT IN WAYS THAT COULD NEVER BE ACHIEVED INDOORS
- CHILDREN FLOURISH WHEN PLAYING OUTDOORS IN ALL WEATHERS – FEELING SUN, WIND, RAIN, SNOW AND ICE FIRST HAND IS IMPORTANT AS IT CONNECTS US AS HUMAN BEINGS TO THE PLANET WE LIVE ON
- BEING IN NATURE STIMULATES THE SENSES AND NURTURES A SENSE OF WONDER AND AWE AT THE PROCESSES OF LIFE
- OUTDOOR ENVIRONMENTS CAN OFFER DIFFERENT SURFACES, DIFFERENT LEVELS, LOTS OF NATURAL FEATURES TO EXPLORE, TREES TO CLIMB AND BUSHES AND SHRUBS TO HIDE AND BUILD DENS IN
- DIFFERENT NATURAL SPACES CAN SIMULTANEOUSLY IGNITE CREATIVITY AND IMAGINATION WHILST FOSTERING A SENSE OF WELLBEING AND CALM

## LEARNING FOR SUSTAINABILITY

OUTDOOR TIME LETS CHILDREN OBSERVE THE CHANGES OF NATURE, THE TRANSFORMATION OF THE ELEMENTS AND THE INTERDEPENDENCE OF ALL LIVING THINGS, GIVING THE CHILD A DEEP SENSE OF BELONGING, ALLOWING THEM TO FEEL PART OF A WONDERFUL, EVER CHANGING WORLD.

## MOVEMENT AND CO-ORDINATION

THERE IS A DIRECT LINK BETWEEN MOVEMENT AND COORDINATION DEVELOPMENT AND THE DEVELOPMENT OF FINE MOTOR AND CONCENTRATION SKILLS. SOME CHILDREN FIND IT IMPOSSIBLE TO SIT STILL FOR ANY LENGTH OF TIME OR PROCESS THE FINE MOTOR SKILLS AND COORDINATION REQUIRED FOR WRITING BEFORE THEY ARE READY.

ONE OF THE BEST WAYS TO HELP CHILDREN DEVELOP IS THROUGH PROVIDING DAILY OPPORTUNITIES FOR PHYSICAL PLAY OUTDOORS.

## BENEFITS OF RISKY PLAY

RISKY PLAY IN EARLY YEARS ENCOURAGES SOCIAL ACTIVITIES, AS THEY WILL OFTEN PLAY TOGETHER IN GROUPS FOR MANY RISKY PLACE ACTIVITIES. THEY LEARN TO TRUST EACH OTHER AND SUPPORT EACH OTHER, WORKING OUT HOW TO KEEP THEMSELVES AND EACH OTHER SAFE.



CHILDREN IN OUR EARLY YEARS SETTINGS WILL BE ENCOURAGED TO ENGAGE IN APPROPRIATELY MANAGED, AND CAREFULLY THOUGHT OUT RISKY PLAY.

PLEASE READ OUR RISKY PLAY PARENT LEAFLET TO FIND OUT MORE ABOUT THE BENEFITS OF RISKY PLAY IN EARLY YEARS.