

- Child development

BENEFITS OF OUTDOOR PLAY FOR YOUNG CHILDREN

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Helps babies and children sleep. Research shows that babies and children sleep better at night if they have had some fresh air and sunshine in the day.



Improves concentration.

Being outdoors is good for your mindset and promotes positive mental health as well as helping children to focus and be immersed in the experience.

Encourages a healthy lifestyle. Getting outdoors with your toddler can help them burn off some energy and encourages them to form healthy habits for life.

Improves social skills.

Team games, sharing, conversation and friendship are all formed while playing outdoors. It is a great way to help kids learn to play with others, take turns and spark conversation.

Unique multisensory experience. Getting outdoors to play is a brilliant sensory experience for babies and toddlers. There is so much for them to see, explore and learn with children's development dependent on using all their senses. Increases fine motor skills. Young children need the opportunity to use their whole body and develop their gross motor skills. Playing outdoors allows babies to crawl further or for toddlers to find the space to run, jump and climb. They can also explore the world around them to pick up, touch and feel new textures and shapes as they collect small treasures such as fir cones, seeds, fruit, stones, leaves or bark.