

• PLAY WITH YOUR CHILD IN NATURE •

Research tells us that time in nature helps kids to grow up healthy and smart. They develop healthy eyesight, improve coordination, and learn social skills.

Playing in nature can also help prepare kids to enter school.

Here are some tips to get outside!

MOVE BIG

Jump, run, climb, swing.

Skip, hop, pull, lift.

Kids need to move their bodies in big ways.

Let them try; they will learn to stay safe.

They will focus, settle, and sleep better.



MOVE TINY

Pick up small stones. Build tiny bridges. Watch little insects. Young children need to use their fingers and eyes to explore small details. Nature is the perfect place for discovery. Encourage their curiosity. **You will teach them how to learn.**

EXPLORE

Young children need unstructured play time.

Give them time to explore in nature, without electronics.

Help them learn about the places they live.

They will become more confident.

So will you.



LOOK & LISTEN

See the sky? Hear the birds? Smell the air? Feel the breeze? Give young children time to notice the world around them. **Using all the senses inspires children to learn more about this big, awesome world.**

WONDER

Watch the leaves burst out in spring.

Feel the rain.

Look at the stars.

How do you feel?

For young children, nature teaches language and awe.

It motivates them to learn.



PRETEND

Trees talk. You can fly like a crow. Maple seeds are fairy wings. Who knew! Nature offers endless opportunities for children to imagine and create. Cultivate this.

Your child will take that skill to school.

Madison, Wisconsin is one of seven US cities participating in an initiative to provide all children with opportunities to spend time in nature. Sponsors include Public Health Madison & Dane County, Madison Parks, the Children and Nature Network, and the National League of Cities | Institute for Youth, Education & Families.

 **Public Health**
MADISON & DANE COUNTY
Healthy people. Healthy places.

play
MADISON
PARKS