

Title:

It's not just playing games

Starting time:

Finishing time:

Number of words:

300

It's not just playing games

Climbing, running, jumping, laughing and making experiences on your own, that's all important for a healthy development. Not just for the physical development, also for the emotional development of a child. And where's that all possible? Exactly - outdoors!

As I said, outdoor play is essential for a child's development, but there's another important point. I'm talking about the surroundings and the playground itself. Children want to make their own experiences, but as a parent or a ~~profession~~ nursery teacher you want the child to be safe. So the playground needs some sturdy equipment and a safe surrounding. In my view a ideal outdoor play area should be in the nature too, because there's a lot to explore and the children aren't just bound to the playground equipment.

As a nursery teacher I spend a lot of time ^{BACKUP} outdoors with the children. On the one hand children like to play and explore on their own, but on the other hand there's also a lot you can do as an adult to support children's development. Play catch (with them) or hide-and-seek, allow them to climb on trees when you're around, show them how to balance or start to plant your own flowers and vegetables in the garden. May it all just sound like playing games for you, but believe me, it's much more.

Every child wants to play outside, they want to move and they want to explore. They want to run and to climb. They want to learn with all their senses and to be in contact with other children. But children don't just want it, they really need it for a healthy development. So why are you still sitting inside, reading this article? Go outside with your child and support his or her development!