

OUTDOOR PLAY WITH YOUR TODDLER

1. Nature walks

Go on a nature walk in a nearby park or nature reserve. Let your toddler observe and explore the natural surroundings, such as flowers, trees, leaves, and insects. You can collect interesting items like rocks or leaves along the way.

2. Water play

On a warm day, set up a small water play area in your backyard. Use a plastic pool, a sprinkler, or water toys to provide opportunities for splashing and water play.

3. Sidewalk chalk

Give your toddler some colourful sidewalk chalk and let them unleash their creativity on the pavement. They can draw pictures, scribble, or play hopscotch.

4. Bike or tricycle ride

If your toddler has a bike or tricycle, take them for a ride in a safe area such as a park or quiet neighbourhood. It's a great way to develop their balance and coordination skills.

5. Picnic time

Pack a simple picnic and head to a nearby park. Enjoy some snacks together and let your toddler roam around, exploring the surroundings. Bring a blanket or a mat for a comfortable seating area.

6. Bubble fun

Blow bubbles for your toddler to chase and pop. You can use bubble wands or a bubble machine to create a magical experience.

7. Ball games

Play simple ball games like rolling, throwing, or kicking a ball with your toddler. This helps develop their motor skills and coordination.

8. Gardening

Involve your toddler in some simple gardening activities like planting seeds, watering plants, or picking flowers. They will enjoy getting their hands dirty and learning about nature.

9. Obstacle course

Set up a mini obstacle course in your backyard using items like cones, hula hoops, or steppingstones. Encourage your toddler to crawl under, jump over, or go around the obstacles.

10. Playground fun

Take your toddler to a local playground where they can enjoy swings, slides, climbing structures, and sandbox play. It's a great opportunity for them to interact with other children as well.

Remember to prioritise safety during outdoor play and always supervise your toddler. Apply sunscreen, provide appropriate clothing and footwear.

