



BETTER
KID CARE
PROGRAM



Family Time Work Time

A B A L A N C I N G A C T

BUILDING STRONG FAMILIES

Outdoor Play

Outdoor play is important for children. It builds strong bodies and encourages children to use their imaginations. Also, when children are active they are happier and better behaved. Try to find time for your child to play outdoors every day.

THINGS YOU CAN DO OUTDOORS

Think about ways to have fun with your child right in your own backyard. Many activities can be done outside and are easier to clean up, too!

- Put an old shower curtain or plastic tablecloth over an outside table for your child to finger paint.
- Tack a large sheet of paper to a fence or other surface so your child can draw or paint a mural.
- Read stories under a shady tree or bush.
- Have a scavenger hunt.
- Set up an obstacle course.
- Picnic outdoors for meals.
- Put up a small tent and pretend you are camping.
- Use a lawn sprinkler to cool off on hot days.



Playground Play

Playing on playground equipment can be fun for children of all ages, but the fun can end in tears if an accident occurs. Playground equipment needs to be checked regularly and children must be well-supervised to prevent playground accidents.

Make sure the play area and equipment are safe for your child before she begins to play. Look for broken glass, soda can tabs, nails, and large sticks. Dump any water and dry off play equipment if it is wet. Look for puddles and supervise your child around them. Young children have been known to drown in less than two inches of water.

When given the chance to play outdoors, children often rush out eager to climb, swing, and slide on play equipment. Remind your child of safety rules before play begins. It is important to do this each time because children forget and need the reminders.

Keep Kids Safe on Playgrounds — At Home and Other Places

Each year more than 200,000 kids are treated in emergency rooms with injuries associated with playground equipment.

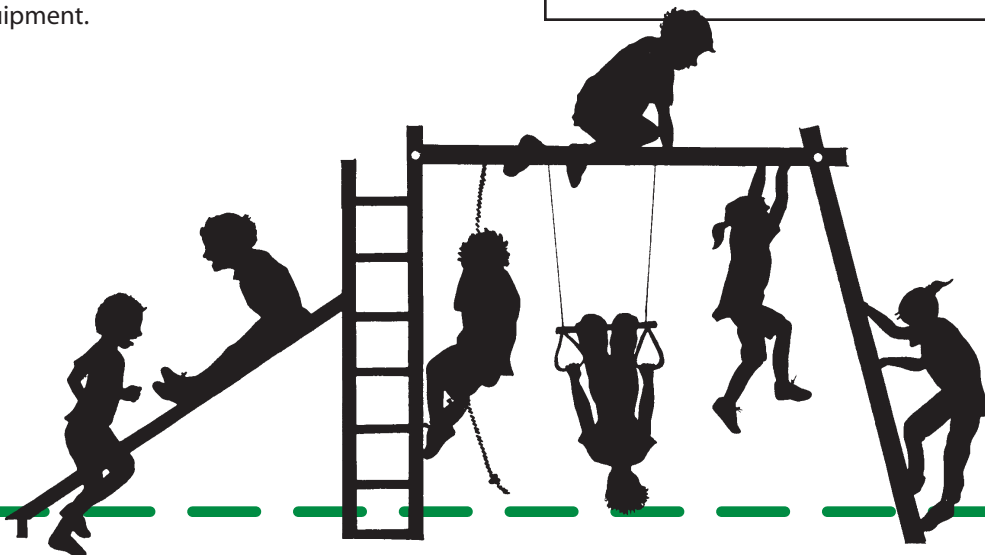
Here are some things for parents to check before their children use playground equipment:

- Check for sharp edges or pinching hazards on equipment.

- Watch out for things your child may trip on, such as rough surfaces, concrete protrusions, tree stumps, and large rocks.
- Is there enough space between pieces of play equipment?
- Openings need to be smaller than three and a half inches or more than nine inches so children do not get stuck.
- Be sure there is protective surfacing at least six feet in all directions from play equipment and twelve inches deep.
- There should not be any ropes, jump ropes, clotheslines, or pet leashes attached to play equipment. A child could strangle on these.
- Make sure platforms and ramps have guard rails to prevent falls.
- Be sure the equipment is right for the age of your child.

For more information on playground safety, contact the U.S. Consumer Product Safety Commission at 1800-638-2772 or go to the Web site at www.cpsc.gov.

He or She? Him or Her? Please note: In this and all Better Kid Care publications we take turns referring to children as "he" or "she." When we use he or she, we include all children.



Family Time/Work Time: August 2004

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Supported by funds from the Pennsylvania Department of Public Welfare, Pennsylvania Pathways Program, Developed by the Better Kid Care Program, 253 Easterly Parkway, State College, PA; Phone: 1-800-452-9108. Website: www.betterkidcare.psu.edu.

Developed by: Nancy Wilson, Penn State Better Kid Care Program

Resources: *Curious Parents*, July 29, 2004, *Transform Leisure Time into Learning Time*, by Dr. Raymond J. Huntington; *Parents Count*, Penn State Better Kid Care Program, Penn State University, December 2002 and April 2003



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