

If you are a parent or caregiver reading this – we hope this booklet has been useful. We know parenting is hard! Outdoor play can be one way to ‘grow good humans’ and over time create independence, a joy for play and physical activity and a sense of wellbeing as they age. The benefits of outdoor play are endless!

This project grew out of the work of the South Shore Active Communities. The content for this booklet drew on many established and important resources on outdoor play. Please explore the reference section to learn more about Outdoor Play and the great work being done on this topic.

Thank you to Anna Haanstra for her leadership and vision on this project. Deep gratitude to Gord Tate and Jillian Griffin for their extensive work and commitment. Thanks for Dr. Heather Davis, Jane Cawley and Dr. Angela James for their thoughtful input and contributions.

This is the first edition of this booklet. We fully expect that future editions will include edits and additions. We welcome the opportunity to collaborate with others to utilize and adapt this booklet. An electronic version of this booklet will be online. If your organization would like to print copies for distribution, we can share the design files. We do ask that South Shore Active Communities is acknowledged in any reprint or adaptations and all the sources and references are maintained.

We are excited to see the expanding energy and networks committed to advancing outdoor play. Outdoor play is such an essential way to contribute to the physical and mental wellbeing of the next generation. We are keen to continue to support parents and caregivers in finding their confidence and comfort zone to ensure their children get the benefits of outdoor play!



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REFERENCES

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- 2 The Glossary of Terms from outdoorplaycanada.ca informed many of these definitions. Their resource page has lots of parent specific items as well.
- 3 Adapted from Outdoor Play Canada: Outdoor Play Glossary of Terms (2019)
- 4 Adapted from Nova Scotia's Early Learning Curriculum Framework
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- 6 Adapted from activeforlife.com
- 7 Adapted from Outdoor Play Canada: Position Statement on Active Outdoor Play (2016)
- 8 Used with permission from Dr. Angela James's *Shaping Influences of 'A Capable Person'* (2016) summit.sfu.ca/item/16711 and drawn on Lawson Foundation *Advancing Outdoor Play and Early Childhood Education: A Discussion Paper* (2019)
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- 10 Adapted from Dr. Haim Omer (2011) & Dr. Mariana Brussoni
- 11 Centre of Excellence for Early Childhood Development. Parenting Series (April 2011)
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- 12 Adapted from Shore, Rima. (1997). *Rethinking the Brain—New Insights into Early Development*.
- 13 Physical Literacy Canada, physcality.ca
- 14 Children's Lively Minds: Deb Curtis and Nadia Jaboneta
- 15 Adapted from Jane Cawley's workshop materials on Outdoor Play
- 16 Canadian Public Health Association, Risk, Hazards, and Play: What are Risks and Hazards
- 17 See the work of Dr. Ellen Sandseter for more about Risky Play. ellenbeatehansensandseter.com
- 18 Brussoni, M., Olsen, L., Pike, I. and Sleet, D. (2012) Risky play and children's safety: Balancing priorities for optimal child development. *International Journal of Environmental Research and Public Health* 9 pp. 3134-3148.
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- 20 Brussoni, M., Ishikawa, T. et al. (2017). Landscapes for play: Effects of an intervention to promote nature based risky play in early childhood centres. *Journal of Environmental Psychology*. V.54,139-150.
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- 22 Adapted from playwales.org.uk

This content forms part of a larger booklet entitled “Why Outdoor Play Matters for Children: A practical guide for parents and caregivers”. To see the full booklet, and references, please go to recreationns.ns.ca.