



ADULTS IN OUTDOOR PLAY



THE ROLE OF THE ADULT IS TO OFFER



PERMISSION

Let kids play and allow for child-directed play.

Value play as essential to learning.

Model play by being playful yourself.



TIME

Children need time and opportunity for play.

Allow for play to feel endless and be uninterrupted.



MATERIALS

Offer a variety of materials including loose parts with no set purpose that can be moved, combined and manipulated.

Materials can be synthetic, natural or diverted waste.



SPACE

Quality playspaces invite play! They include wonder, excitement, the unknown and the unexpected.

Importantly, the best playspaces are those not controlled or ordered by adults.



WHAT TO DO IN THE MOMENT

BE A LEARNING ALLY

Let your child follow their play needs. Redirect only when needed.

WAIT AND OBSERVE

Don't interrupt. Only join in when invited.

CHECK-IN

Ask questions or offer tips: "How do you plan to get across that?" "If you fall, go floppy and roll."

THE 17 SECOND STRATEGY

Give children time to problem solve on their own.

DON'T LET YOUR FEARS BECOME THEIR FEARS

The benefits of play far outweigh the risks.

OFFER A SAFE SPACE FOR PLAY

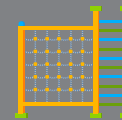
Ensure the playspace is free of hazards. Offer a secure base (ie. your lap) to get started.

HAZARDS VS. RISKS



HAZARD: A danger that could seriously injure or endanger a child and is beyond the child's capacity to recognize.

Adults are responsible for hazards.



RISK: A challenge that a child can recognize and learn to manage by choosing to encounter and determining their own limits.

Risks help your child develop.

Appropriate level of risk will be different for each child.

SOUTH SHORE ACTIVE COMMUNITIES

More info @ southshoreconnect.ca

TAKE A LIFEGUARD APPROACH

Source: Dr. Mariana Brussoni

OBSERVE

OPEN ATTENTION

Express interest as you watch but avoid interfering in their play. Trust that the child can manage the risks and challenges at hand.

CHECK-IN

FOCUSSED ATTENTION

If/when danger presents itself that may push the edge of acceptable risk, check-in with the child to see if they are aware of the risk. If yes, go back to observing.

INTERVENE

ACTIVE PROTECTION

If the level of risk has become unacceptable it's time for the adult to intervene. Take steps to reduce the risks. Help the child better understand risk and give them the confidence to manage it.

“Access to active play and outdoors—and its risks—is essential for healthy child development.”

- Outdoor Play Canada

LOOK AT YOU GO!