

Do you have appropriate clothing for outdoor play?

During their time at our center children will be going outside to the playground (weather permitting).

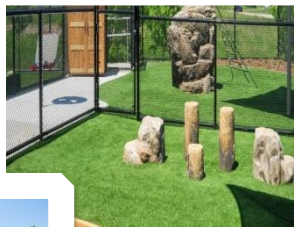
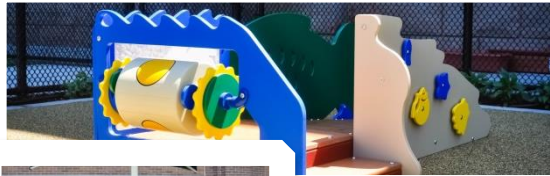
Please make sure you bring appropriate clothing for children to play outside during all times of the year:

- Winter- snow pants, mittens, hats, boots
- Summer- clothing all is cool enough for hotter temps
- Spring- light jackets/sweatshirts, mittens and hats if colder
- Fall- light jackets/sweatshirts, mittens and hats if colder

■ The only exceptions to going outside would be:

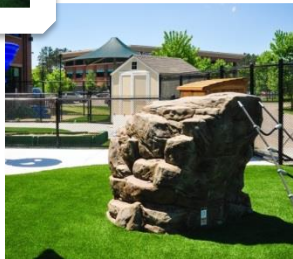
- Unsafe temperatures
- Storms/Rain

Did you know at Bright Horizons we follow a Child Care Weather Watch chart to ensure children are not exposed to unsafe temperatures?



At Bright Horizons Woodbury we go outside in all seasons!

Do you know the importance of outdoor play?



The Benefits of Unstructured Outdoor Play for Kids

Unstructured outdoor play offers opportunities to develop executive function skills. Executive function skills have been compared to an air traffic control system in each of our bodies. These [essential life skills](#) help us remember information, filter out distractions, switch gears when needed, and sustain focus over time (Harvard University Center on the Developing Child, 2015). Among the many [benefits of imaginary play](#), one is helping children develop these executive function skills. Children develop rules for the imaginary scenarios they create, remember and try out complex ideas, apply the rules to the scenarios as they go along, and regulate each other's behavior. Given the time, children can extend imaginary play for hours.

Social skills are enhanced. There are many different skills children learn from unstructured activities. Children who have opportunities to work together with their peers towards a goal learn [friendship skills](#) such as teamwork, problem-solving, [care and cooperation](#), all critical skills for school and life.

Children need more physical activity. Many sources agree that today's children are too sedentary. In addition to 20 - 30 minutes of daily structured physical activity, children should get at least 60 minutes of unstructured physical activity daily, and more is even better

Children who play outdoors regularly are less likely to be nearsighted ([Shephard](#), 2015). Sunshine and natural light help children have better distance vision.