

Learning at Home

with Centennial Infant and Child Centre

Let's Play Outside!

Social distancing and staying apart doesn't mean you have to stay inside. Unless we are told to self-isolate, **practicing physical distancing can include going outdoors.**

Playing outside contributes to children's physical and mental health, brain development and confidence. When children play outside, they develop muscle strength and coordination. They get to know the world around them, learn to think creatively and solve problems.



If you or your child are not feeling well, stay home. Check with your doctor if your child is immunocompromised.

Keeping your child safe outdoors during COVID-19:

- Practice social distancing and avoid crowded areas.
- Do not have playdates with other families.
- Find large grassy areas with hills and slopes for children to move freely away from other people.
- Avoid playgrounds, common sand boxes, and touching common surfaces (i.e. park benches, railings, etc.).
- Bring your own toys, sport equipment and a blanket.
- Bring sanitizer and practice together how to use it effectively.
- Wash toys after play with hot soapy water.
- Play with your child and have fun together; supervise your child at all times.



Stay Home, Stay Healthy, Stay Connected





“Being indoors is actually worse for virus transmission, such as being in closer contact with those who might be sick, and being in dry, indoor environments. In fact, recent evidence suggests that the transmission of COVID-19 is low outdoors compared to indoors.” *Source: Louise De Lannoy, PhD, Marianna Brussoni, PhD, Mark Tremblay PhD.*

Ideas for outdoor play:

- Play time on a big blanket: bring toys, colouring activities and books. You can bring a small chair with a tray or Bumbo out if your child needs support for sitting. This is also a great opportunity to practice tummy time!
- Take your shoes off! Try feeling the grass with bare feet.
- Bring your exercise ball outside! Roll back and forth with your child on their tummy or bounce them gently sitting up.
- Rolling, throwing, kicking and chasing a ball. Try bringing a box or laundry basket outside to throw the ball in.
- Blowing, watching, popping and chasing bubbles.
- Take a nature walk! This is a great time to see what your child is looking at and talk about it together! Point out birds, squirrels, trees, flowers, etc.
- Pushing and pulling toys or other big objects.
- Running or jumping around trees, over stones or into puddles.
- Helping with yard work, pulling weeds, planting, picking up leaves and sticks.
- Cleaning outdoor toys with water and sponges.
- Painting fence with brush and water.
- **Wet or cooler weather doesn't mean you have to stay inside.** Try going for a walk with an umbrella, stepping into a puddle and feeling the raindrops on your hands. Sing songs while walking.

Resources about safe outdoor play:

<https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-advice-for-those-with-unique-needs/>

<https://www.outdoorplaycanada.ca/should-i-go-outside-in-the-covid-19-era/>

<http://www.ipacanada.org/covid-19/statement-play-in-the-time-of-covid-19/>

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