

Let's...

Go out in the buggy together



Let's try...

- taking a little bag to collect treasures like conkers, leaves, pine cones and feathers
- playing a game of 'who can spot it first?' eg. a black car, a dog, a tree
- wrapping up warm, when it's cold or raining and talking about the weather, the sounds, the clouds and how it changes

Why try this?

- children remember the fun experience they have with you and this helps build strong relationships and happy memories
- talking, singing and making up stories helps develop your child's imagination and language
- routine and being consistent helps your child to feel secure and stay safe
- spending time outside is important for your child's health and well-being



**Bournemouth SureStart
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