

Let's...

Go to the park together



When we hold hands I feel safe

I really like it when I can use my BIG voice outside

I love going down the slide

Let's try...

- jumping, rolling, hopping or walking backwards
- splashing in the puddles with our wellies
- making simple kites with paper and string and flying them on a windy day

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
Children's Centres**

