Family News

FREE family events and activities in BD3, BD4 and BD5

Welcome to the summer edition of Family News

With the long days and better weather, we’re inviting you to get outdoors with your young children, get active and explore the fantastic parks this area of Bradford has to offer.

Summer activities with Better Start Bradford for families with children under four

Visit our website to find out about summer events and activities with Better Start Bradford for families with children under four, including:

- Family fun days
- Outdoor play sessions
- Cooking taster sessions
- Healthy drinks workshops

www.betterstartbradford.org.uk

Playing outdoors is good for you and your child

- It’s good for positive mental health for both you and your child
- Active play builds healthy bodies
- Children who play outside are much happier, smarter, more attentive and more confident
- Play helps their physical, emotional and social development
- It’s great exercise!

For more ideas visit: bradford.50thingstodo.org

Say hello on social media

sign up for text alerts

Text ‘sign up’ to 07494 558337

50 things to do
Get to know your local parks in Bowling and Barkerend, Bradford Moor and Little Horton

**Peel Park BD2 4BX**
Search for all 12 wooden creatures on the fabulous totem trail, play leapfrog and tackle the wobble bridge! This park also has lots of lovely slopes to run up and down, a play area and café.

**Bradford Moor Park BD3 7JD**
Watch the geese going about their feathery business (but please don’t feed them) and have a good old toddle around the play area. There’s also an outdoor gym for you grown-ups to try.

**Bowling Park BD4 7TL**
Explore the woods and go wild running around the vast green space this lovely park has to offer. A great place to bring picnics, or you can visit the café.

**Horton Park BD7 3EG**
With play areas for both younger and older children, including a bounce-tastic trampoline, this park is well-worth a visit. Try out the three short walking routes in and around the park to help you get fit while exploring the area.

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**Things to do in the park...**

**You can do all these things together with your child outdoors:**

- Take a picnic
- Blow some bubbles
- Play with what you find - twigs, leaves, pebbles
- Splash in puddles
- Fly a kite in the wind
- Take a ball and play catch or football
- See how many birds and creatures you can spot

Better Start Bradford helps children in Bowling and Barkerend, Bradford Moor and Little Horton get the best start in life. We run over 20 projects for pregnant women and families with children under four, including reading, play, healthy cooking and eating, support in the home, English language skills and much more.

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