

Enjoying the outdoors together





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Outdoors is the perfect place for your child to be physically active, use their imagination, explore and be brave.

You can do all these things together with your child:

- Running
- Jumping
- Rolling
- Playing
- Crawling
- Skipping
- Talking
- Laughing



Let's have some fun in the outdoors!



Playing outdoors is good for you *and* your child

- It's great exercise
- It's good for your mental health
- Active play builds healthy bodies
- When children are allowed to play without being told what to do, they become more focused and have greater attention spans
- Children who play outside are happier, smarter, more attentive and more confident



Playing outdoors all year



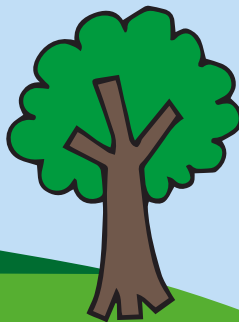
You don't need special equipment to have fun outdoors, just clothing that is suitable for the weather. Remember, your child might get dirty and messy, but that's ok - it's all part of the fun.

Encourage your child to talk about things they see. Is the sun shining? What shape are the clouds? How big are the trees? What birds can you see? What colour are the flowers? Talk to babies about what you can see together.

Babies and young children learn and gain experiences through what they see, smell, hear and feel.

You can play outside all year:

- Play with what you find - twigs, leaves, pebbles
- Splash in the puddles
- Fly a kite in the wind
- Take a ball and play catch or football
- Crunch and kick the leaves under your feet
- Jump in the snow and make snowmen



Take your little explorers to the park!



Our Better Place project has improved lots of outdoor spaces across the Better Start Bradford area for families to enjoy.

Bowling and Barkerend

Bowling Park, BD4 7TL

- Follow the story trail path and find the three bears
- Have fun in the natural play area, sand pit and wheelie track
- See which creatures you can find in The Roughts

Bradford Moor

Peel Park, BD3 0LT

- Go wild in the open parkland and see what different trees you can find
- Explore the new exciting play areas including a spider sand pit and natural play area

Bradford Moor Park, BD3 7JD

- Enjoy a picnic or a relaxing walk
- Find the giant duck, badger and mole
- Have an adventure in the natural play area

Little Horton

Horton Park, BD7 3BN

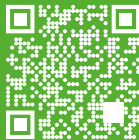
- Slide down Curly the Caterpillar slide
- Jump about in the splash pools
- Follow the toddler sculpture trail

Mayfield Centre Pocket Park, BD5 9NL

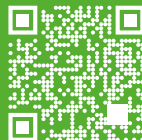
- Enjoy the pushchair-friendly paths and play facilities in this lovely small park

Check out:

Let's Play Outdoors booklet
- a guide to parks and
outdoor spaces in the
Better Start Bradford area



50 Things to
Do Before
You're Five



Better Start Bradford runs over 15 projects for expectant families and families with children aged 0-3 in Bowling and Barkerend, Bradford Moor and Little Horton, including support before, during and after birth, reading, play, healthy cooking and eating, English language skills and much more.

We are supported by the The National Lottery Community Fund to help children get the best start in life. Find out more at:

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To stay up to date with all our activities and events, download the free Better Start Bradford App from Google Play or the App Store. Search 'Better Start Bradford' or scan the QR code below.

