

COLD WEATHER PLAY

Playing outside is healthy for children.



Outdoor air has fewer germs than indoor air.



Sunlight helps the body make vitamin D needed to grow.



When your child is outdoors, they can run, jump, climb, and shout.



Letting children be noisy and active decreases stress, improves behavior, and improves sleep.



Play outside actually *reduces* the risk of getting a cold!



Outdoor play provides many health benefits for children. Children should be allowed to play outside in cold weather with appropriate clothing and adult monitoring.

