

# Health Concerns

## Communication with Families



**When communicating with families it is important to:**

- Ask questions
- Acknowledge and validate the family's concerns
- Discuss how risks are assessed, mitigated, and managed
- Problem-solve together

**Playing outside is important for healthy development**

**All children can be supported outdoors through all seasons when their health concerns are managed and monitored as a team**

**When supporting children with health concerns consider:**

- The child's specific health needs
  - Asking questions to learn more about their medical needs
  - How you can support the child to be successful in their outdoor play
- What additional supports the program may need:
  - Mobility or inclusive equipment
  - Additional staff for support
  - Specific outdoor gear
- Information or resources you could share with the family on the importance of outdoor play



**Find resources and so much more at [OutdoorPlayCanada.ca](https://OutdoorPlayCanada.ca) and the [SPROUT-able Project Page](#)**

