

Physical Safety

Communication with Families



When supporting children with physical safety concerns consider:

- Reasons why the child might be engaging in this behavior
 - What they might be trying to tell you
 - Whether they have big feelings without the ability to communicate verbally
 - What sensory needs they may be trying to meet
- Incorporating calming spaces into your environment
 - A cozy corner with soft fabrics and books
 - A hammock or swing
 - A retreat space for hiding and onlooking
- Embracing a trial-and-error process to find what works best for you and the child
- Information or resources you could share with the family on the importance of outdoor play



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

Playing outside is important for healthy development



When communicating with families it is important to:

- Keep them informed on what is happening, be empathetic to their concerns
- Give them time and space to share
- Provide possible solutions and ask for their input
- Reassure them and maintain open communication



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

