



NC SEEDLING



Study to
Explore
Early
Development

North Carolina
SEED

**UNC-CH, Department
of Epidemiology**

Spring 2012

www.NCSEED.org

Let's Go Out and Play!

SPRING IS HERE! Let's get outside for some fresh air and sunshine!

Sometimes it is hard to find time to go outdoors with your child and sometimes safety or weather issues keep families from spending time outside.

Whatever the reasons, children in the United States are spending less time outside than children in past generations.

Children who don't get outside may be missing some important benefits like:

- ◆ Getting fit
- ◆ Having stronger immune systems
- ◆ Having more active imaginations

- ◆ Learning to handle challenges or solve problems
- ◆ Learning how things grow
- ◆ Having greater respect for themselves, for others and for the environment

So what can you do to create more outside time for your child?

Plan the time each week to do one or more of these:

- ◆ Explore your backyard: Look for bugs, flowers, birds
- ◆ Plant some seeds in a small garden or planter box then go out every week to water, weed and watch it grow

- ◇ Go for a walk around your neighborhood
- ◇ Go to the park to run and explore
- ◇ Draw on the sidewalk or driveway with sidewalk chalk

For other ideas, see

www.familycorner.com/dir/Family/Kids/Outside_With_Kids/



Staying Safe Outdoors

- ⇒ Dress for the situation
 - If it's warm, wear light colors of lightweight and absorbent fabric
 - For visits to the woods wear long sleeves and pants tucked into socks
- ⇒ Drink lots of water

- ⇒ Use sun protection
 - Wear a hat and cover skin when out between 10 AM and 2 PM
 - Use UVA and UVB protection (full spectrum) sunscreen of SPF-15 or higher

- ⇒ Treat unknown plants with caution
- ⇒ Prevent or treat bug bites
 - Use insect repellent
 - Check your child for ticks
- ⇒ Teach your child to always go out with a buddy and check in with you regularly

NOTES

- SEED has just started enrolling families
- Study progress will be reported in these newsletters as we get going!

