



Outdoor Free Play - Making it Happen

Educator Newsletter 4

Getting Outside and Getting Active

Welcome to the final newsletter in this series from the *Good for Kids* team.

We hope you have learnt a thing or two over the past few months and witnessed the benefits of increasing indoor-outdoor free play at your service.

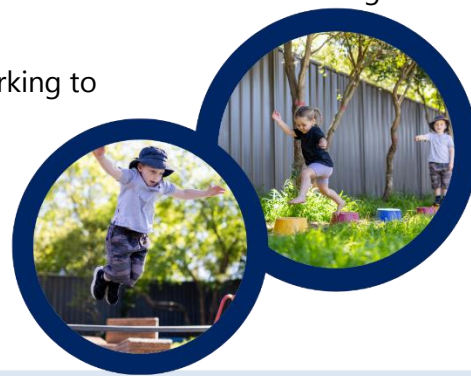
To continue experiencing the benefits, this newsletter focuses on ideas to embed the practice of indoor-outdoor free play within your service and how to overcome any potential barriers to sustaining the practice.

Thanks for the commitment shown to the children in your care by working to offer more opportunities for outdoor free play.

Enjoy reading!

The Good for Kids Team

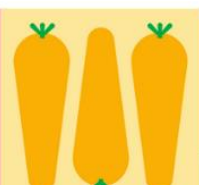
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Tips to embed indoor-outdoor free play

Update your policy, procedures and/or philosophy to reflect your new indoor-outdoor free play practices (refer to the [Good for Kids Policy resources](#)), and ensure indoor-outdoor free play periods are written into daily routines and maintained if routines change.

- ✔ Extend indoor-outdoor free play to other rooms
- ✔ Maintain the role of an *indoor-outdoor free play Champion* or have indoor-outdoor free play as a regular agenda item at staff meetings
- ✔ Continue to use the [Action Plan Workbook](#) (or your QIP) to reflect on your processes and for continuous improvement, setting clear actions to continue momentum.
- ✔ Maintain family engagement and communication and promote your outdoor play initiative using posters, news snippets and social media.
- ✔ Consider how to improve child engagement and uptake e.g. through discussions and incorporating child interests.
- ✔ Train new staff using the introductory video, newsletters, fact sheets and case studies on the Good for Kids [website](#).



'The heart of a child'
by Worimi Artist
Lara Went

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Potential barriers to indoor-outdoor free play

- ? Staff shortages and a change in service priorities.
- ? Limited staff to allow for outdoor supervision with usual staff ratios.
- ? Not having a practical plan for outdoor play when it's raining or wet.

Tips for overcoming barriers

- 💡 Ensure there is flexibility with indoor-outdoor play – for example, if staff shortages are an issue, change indoor-outdoor play sessions to be outdoor play instead, and bring indoor activities outdoors.
- 💡 Modify or block-off part of the outdoor areas that children can play in so that Educators are able to supervise efficiently.
- 💡 Develop a wet weather protocol or plan, including which outdoor spaces can be safely used when wet, activities that can be set up, and the provision of wet weather gear and spare clothes.

Remember to use the [case studies](#) and [fact sheets](#) within from the Good for Kids support resources and the 'Overcoming Challenges' table in the [Good For Kids Action Plan Workbook](#) for more ideas to overcome barriers.



Additional resources

As your service considers how to embed indoor-outdoor free play into usual practice, you may like to refer to some of these other resources and links:

- [Nature Play Australia](#)
- [Take Me Outside](#)
- [Outdoor play for children | Raising Children Network](#)



So why wait??!!

Get Going and Get your kids Outside and Getting Active!



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