



## Top tips for parents

You'll find loads of great ideas for healthy outdoor family fun here!

### Just remember the essentials of sun safety:

- Cover up with clothes and a hat
- Stay in the shade when it's hottest (11am to 3pm)
- Use sun cream (SPF 30+)

### How to apply sun cream to kids

Follow these simple steps to protect kids from harmful UV rays:

1. Apply sun cream to all exposed areas of skin.
2. Use plenty - most people apply too little!
3. Don't rub it in too much.
4. Pay special attention to tops of ears, neck and shoulders.
5. Reapply often, especially if children are sweaty or have been in water.
6. Check the expiry date on your sun cream.

### Top tips to get kids outdoors

1. **Mud March:** Instead of planning a walk, go for a park safari or an urban yomp or a mud march in the country. Having the right clothes to make sure children are warm enough and protected from the sun will ensure a fun day out.
2. **Explore a castle:** Tell your kids that we are going to explore a castle or spot a ghost or find an otter. Use your imagination on your walk to pretend you have spotted these animals or characters and create a story together.
3. **Go on a family bike ride:** Ensure that everyone knows how to stay safe. Wear helmets and stick to quiet roads where possible.



4. **Adventure walk:** A lake where you can skim stones; a beach; a hill kids can roll down; a place with animals; a farm where you can pick fruit; an outdoor exhibition; some scary woods; a waterfall; a city fountain; a boating lake.
5. **Visit a bird hide or a wetland centre or a wildlife trust, or a city farm:** Take plenty of clothes and sunscreen so you're prepared for the different types of weather that our country can produce at short notice!
6. **Make some paper boats:** A park pond is good or a small shallow stream where water is flowing. Avoid deep rivers or lakes and muddy banks. Don't forget to pick up any litter you create!
7. **Go pond dipping:** Take along a net, some plastic containers, magnifying glasses (and a book to identify specimens if you can). Put everything back and make sure you supervise young children closely when they are near water.
8. **Fly a kit:** Remember to avoid anywhere with overhead power lines. Beaches are often good places but make sure the tide is out!
9. **In winter:** go sledging, make a snowman (or snow beast), build an igloo, feed the birds.

## Garden games

1. **Make an obstacle course:** using cardboard boxes, blanket tunnels, climbing frames and whatever else you can think of. Let children design the course but help them build it so that everything is safe and so that the blanket tunnels don't collapse.
2. **Make a den:** Often, draping sheets over a few pieces of garden furniture (or over some string tied between trees) is all you need, plus a blanket or ground sheet to sit on.
3. **Do a treasure hunt:** hide some goodies and leave a trail of written clues for your kids to follow to find them. Clue 1 should lead to finding clue 2 which then leads to clue 3 and so on. The final clue leads to the treasure, hidden under a bush or somewhere out of sight!
4. **Try limbo dancing:** set up a garden cane balanced on some chairs and see who can get under it while staying on their feet and leaning backwards (touching the ground is not allowed!).
5. **Play footbag:** put a handful of dried beans in an old sock, twist and turn inside out. Repeat this until you have a small ball then put a couple of rubber bands around it and attempt some keepy uppy skills in a group.
6. **Have a paper chase:** cut a pile of paper into small strips, mark one with an X, distribute them around the garden, give each child a bag and see who can collect the most. The finder of the X gets special honour and everyone gets a small prize!