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Using Big Movements and the Outdoors to Expand Play

Parents have a big role in providing opportunities and support for their children to experiment with new places and experiences. These experiences promote the child's sensory and motor growth.

Try to take your child to different parks and playgrounds on a regular basis. We've provided some great park and playground suggestions in an article entitled "[Great Local Places for Outdoor Exploration](#)".

Let your child explore the novel climbing, balancing and moving equipment. If they are reluctant to try new things, and just want you to push them on a swing, negotiate - "one new thing" - and then you'll do the familiar thing they trust. When trying that "one new thing", you may need to combine physical assistance, words that explain the experience, or actually doing the experience while holding them on your lap or holding their hand thru the experience.

You can find more great tips on this topic in the handout "Sensory, Motor and More: Tips and Topics for Parents", found [here](#) on our website.