

Benefits of Rainy Day Play for Children

Most children love to play in the rain! As soon as the rain starts, children want to grab their raincoats, umbrellas, and boots and head outside to play. Jumping in puddles, pretending to be ducks, and playing with earthworms are creative ways for children to express themselves and build their imaginations. As parents, caregivers and educators, we feel it is very important to encourage children to play outside in the rain and allow them to receive the many benefits of doing so.

Improvement of Gross Motor Skills

Gross motor skills are extremely important for children as they allow them to develop good body awareness, reaction time, better coordination, and better balance. These skills are challenged during outdoor play as the children run, climb, balance, skip and jump. Rainy days add additional challenges to these activities allowing them to make large developmental gains in these areas. This is one of the main reasons we believe rainy days are a great opportunity for children to have such experiences.



They Learn About Science

Rain offers children a range of opportunities to learn about nature more deeply and to observe them in their world. For instance, many children love to examine the rain's effects on materials that include balls, paper, and chalk as well as the many natural elements found on our playgrounds (Sand, Dirt, Bark, Grass, and Wood). The creek located behind our playground produces additional curiosities regarding our environment and the science surrounding it.



A Very Unique Sensory Experience

Sensory play allows children to develop great communication, social and cognitive skills. This is something that is greatly enhanced through unique experiences. Rain is quite a unique experience for children as it does not happen as often here as in other parts of the country. Hence, during rain, children are likely to experience many unique situations such as; a water toy spinning in a puddle, taste of raindrops, wet grass, soft mud, water flowing/draining, and more. Many children even love to sing and dance in the rain.

They Learn to Value Nature

Rain is a natural phenomenon with a great number of advantages. By observing rain directly, children learn about the numerous benefits of rain. It also sparks their interest in knowing what causes it. This can further fuel their enthusiasm in their academics, especially in science and subjects pertaining to nature.

Can My Child Get Sick From Being Outside in the Rain?

While it is true that cold and flu season occurs during the winter months, medical professionals have found no connection between going outside in cold weather and catching a cold. A quick google search can provide a wide variety of related studies corroborating this conclusion. The flu and common cold are caused by viruses. Children tend to get sick more often in the winter months because they generally stay inside and are more easily exposed to these viruses. There is also evidence that a virus circulates more easily in dry air. Inside air tends to be drier when it is cold outside, and people tend to turn up the heat which dries out the air even further. This makes it easier for germs to pass from one person to the next. The most important thing to remember is to protect your child from viruses by encouraging them to wash their hands often and avoid people who are sick. If your child does become ill, remember how important it is to keep them home from school so that they have time to heal and do not spread their germs to others.



Rainy Day Attire

We ask that all of our families provide appropriate rainy day play clothing of their choice for their child to wear during winter. **This includes; rain boots, rain jacket and rain bib (highly recommended).** There are a wide variety of companies that make these products. We encourage our families to do their own research and purchase clothing of their choice. We kindly remind all families that all items that enter the center need to be labeled clearly and permanently with your students full name. We have posted our favorite option for bibs below.



Udder Tech Children's Bib