Today’s piece was prepared by Heather Burton, MD based on a Seattle Times story [3 Steps to Boost Your Child’s Outdoor Time --- and Health](file:///C:\Users\szinne\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\69F8ASEA\3%20steps%20to%20boost%20your%20child’s%20outdoor%20time%20—%20and%20health)

This article summarizes benefits of outdoor play on health and provides families with practical tips for incorporating more outdoor time into children’s daily schedules. Benefits described address motor skills, vitamin D levels, vision, and increased physical activity. Rather than delve deeper into the specifics of these health benefits, most of this article focuses on practical ways to get children and families outdoors.

The article provides 3 tips to caretakers on increasing outdoor play time at home, in communicating with day care or school and community programs and outdoor education, and in exploring nature.

This article is co-written by Seattle Children’s pediatricians (one of whom is also the current AAP President) who provide accurate information about benefits of outdoor activity, with large tasks helpfully organized into small, concrete steps that can more realistically be accomplished by busy parents.

**RESOURCES ON OUTDOOR PLAY:**[Preschool Physical Activity](https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/Pages/Preschooler-Physical-Activity.aspx) *AAP information for families on the importance of physical activity in preschool children*   
[The Power of Play – How Fun Games Help Children Thrive](file:///C:\Users\szinne\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\69F8ASEA\The%20Power%20of%20Play%20-%20How%20Fun%20and%20Games%20Help%20Children%20Thrive) *Healthy Children source, with ideas for children birth to 6 years*  
[Safety tips for outdoor play](https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Summer-Safety-Tips-Staying-Safe-Outdoors.aspx) *Healthy Children source*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!