

BY THE WAY

Let your child loose!

How much time does your child spend playing outside? Probably not much, if at all! Unfortunately, children share the same sedentary lifestyle we adults do nowadays. This has obvious dire consequences. And on the other hand, playing outdoors has myriad benefits.



Where is the place to play though, you may ask. Indeed, playgrounds and children's parks are scanty. If you are lucky enough to live near one, and have access to it, that's great. But if you don't, there are a couple of other options for you to choose from, such as the backyard of your home, a local park, or a lake in your neighbourhood.

Or even the street — if you think it is safe enough. For example, if the alley is in a dead-end street with little traffic, it is then a perfect place for some street cricket!

Whatever the case, get the children out under the open sky.

Whatever the location, as long as you would consider it safe, let your child loose!

And do not worry so much. Being a parent, you will obviously be concerned. But let the kid sort things out with other kids, or try climbing that tree or wall — as long as you have taken the necessary precautions, he or she will do just fine. And don't freak out at those occasional tiny cuts and bruises!

After all, playing outside has a wide plethora of benefits, many of which can never be acquired indoors playing

computer games.

To start with, it is obviously good exercise, which, in turn, has its own set of numerous health benefits, from burning those extra calories, to building strength and stamina.

Other than that, there are many other reasons why you should encourage outdoor activity.

One of those reasons is the fact that playing outdoors helps develop social skills. Usually, your child will not be alone. And dealing with playmates translates to

team-building skills, handling conflicts, troubleshooting, negotiating et al. Your child, during his playtime, will learn how to share, to say no, and to cooperate.

The outdoors allows the child to explore his/her surroundings, and even appreciate nature. And often, games are unstructured. These allow your child's mind to work more freely and let him cultivate his imagination — and thus, in the long term, develop his creativity and the ability to think outside the box.

Indeed, playing outdoors has enormous benefits. And even though we live in a concrete jungle leaning towards a sedentary lifestyle, make sure your child spends some time outdoors regularly for his/her physical and mental growth.

And the best part of it is that your kid will love it!

— LS Desk

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