

Playing Outside in Northwest Weather

Living in the Pacific Northwest means living with the rain. Even in the rain, children need to go outside and play!

Illnesses are caused by germs (like viruses), not wet clothes or cold temperatures. **Children don't get sick from the rain or cold weather.** In fact, playing outside is a great way to stay healthy by getting physical activity.



Wet clothes can be uncomfortable, so dress for the weather.



- **Rain boots** protect feet from wet puddles.
- **Raincoats or rain suits** keep clothes dry.
- **Hats and layers** help children stay warm.
- **Bring extra clothes** just in case.

Playing outdoors is fun and helps children learn and grow.

- Encourage children to jump and splash in puddles.
- Talk about the sights, colors, and animals you see, the sounds you hear, and the things you smell or feel outside. Nature is a great teacher.
- Climbing, running, skipping are great ways to get physical activity, promote development, and learn new skills – rain or shine!



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A note for Child Care and Early Learning Centers: The Washington Administrative Code (WAC) 110-300-0360 requires child care programs provide outdoor play time for all children in their programs.