

Outdoor Play Boosts The Immune System!



As the weather is becoming colder, just a reminder about ensuring your child has the appropriate clothing for outdoor play. We go out in all weathers, but so long as the children have cosy layers on, it is still lots of fun!

Hats, gloves, scarves, cosy puddle suits, wellies are what we kindly request parents provide for their children. We also have some spares in the nursery if that helps.

Winter fresh air is good for everyone!

Outdoor winter play has long been blamed for colds and the flu, but although going outside unprepared for the elements is unwise, **viruses that are spread** by other human beings and cause colds and the flu **are indoors**.

Although the viruses that cause flu and colds are more common in the winter months, the circulated air in closed environments is the main cause of children becoming ill. The more time you spend inside, the more you are exposed to recycled germs. In fresh however, children do not have to rebreathe any germs of their classmates, and the chance for spreading infection is reduced.

Nothing is more refreshing than that first deep breath of cold, winter air before starting hours of fun with outdoor play.

Being outside more often also allows your child to develop a stronger autoimmune system and a resistance to allergies.

Any questions, we are always happy to help!