

## Playing Outside in Northwest Weather

The Washington Administrative Code (WAC) 110-300-0360 requires child care facilities to provide outdoor play time activities for all children in their programs. This means that even in the rain, children need to go outside and play!



Remember, your child doesn't get sick from playing outside in the rain. Colds are caused by viruses, not wet clothes, so it's safe for kids to play in the rain.



Of course, getting wet can be uncomfortable, so bring rain gear (including boots, if possible) and a change of clothes for your kids.

Encourage kids to be active outdoors. Playing in the sun or rain helps kids develop emotionally, socially and physically. It's also fun, so encourage physical activity even in rain.

