

# Playgrounds Help Your Children Grow in Several Ways

When you think of a playground, chances are you think of a space for kids to run and get their energy out while getting some fresh air, but it's more than that. It's an outdoor classroom that is helping your kids develop so much more than physical strength.

According to the [American Academy of Pediatrics](#), "Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. Undirected play allows children to learn how to work in groups, to share, to negotiate, to resolve conflicts, and to learn self-advocacy skills."

You're probably thinking of a few adults who could benefit from playing on a playground, too, right?...

The beauty of playing on a playground is you're giving your kids the power to create their own play. There is no agenda or plan. It's simply a way for them to get out there and see what they can get their hands and minds on. It's so exciting to us here at Swings-n-Things to know there are so many other added benefits to playground play!

Several studies suggest when children play on playgrounds, not only does their physical health improve, but additional attributes are also strengthened. As they play outdoors, they are growing in ways you perhaps hadn't considered before.

Outdoor play on a playground can have these added benefits to your children's lives:

## Encourages Confidence and Curiosity

If you're like most parents, maybe you cringe when you think of your kids taking risks and possibly getting injured. We understand that. But did you know when kids take risks, they are learning and growing?

Unstructured play and a place to take small risks (with adults nearby) encourages kids to find confidence in their abilities. This spontaneous play on playgrounds encourages them to use their imaginations, and it fuels their curiosity.

This curiosity allows them to push boundaries as their confidence grows, and this often leads to a willingness to try new things both physically and socially. Trying to get them to eat vegetables? We're not sure about that one yet...

## Healthy Cognitive Brain Development

Brain development is a critical part of your child's health in the early stages of life. Playground play can help promote this through children's movements, interactions, and experiences. Playing leads children to develop corresponding portions of their brains with patterned activities such as those offered on a playground.

When they are doing simple tasks like climbing up a slide or using their imaginations to create a game on the playground, they are doing much more than that: They are literally helping their brains to grow and develop.

## Helps Develop Motor Skills

Did you know children who have developed poor motor skills by age five will likely never develop efficient motor skills? A playground is an excellent place to gain these essential motor skills through things like climbing, jumping, and running.

When your children are hard at play, laughing away in the fresh air, their brains are actually hard at work strengthening their balance and coordination skills. These building blocks to early childhood cannot be created without the power of play.

## Learning Social Skills

Children learn social skills from the adults who care for them, but they also learn from each other, and a playground is a great outdoor classroom for such skills. A playground encourages kids to work together, express ideas, and develop their communication skills to others. They cannot get these skills from watching television or playing video games.

[Sanford Health](#) states that while kids invent and play games with siblings or friends, these interactions help improve communication, cooperation and organizational skills.

Let's be honest —sometimes kids argue when they play, right? Figuring out how to resolve conflict on their own is a strength that can only benefit them as they enter adulthood.

## Quality Family Time Outside

We're all pulled in a million different directions. We have hurried lives that leave little time for individual focus on our family. Getting outside on a playground is a time to be fully engaged with your kids.

In a world where we are increasingly attached to our screens, the same goes for our kids. If we all put our screens down, and step outside onto a playground together, they will see by our example that the fun doesn't stop when they grow up.

Some of the best conversations can come out as you push a child on a swing and be fully present with them. Making playground play be a daily habit for your family is a good way to establish a healthy routine that will only lead to other healthy choices together.

## Decreases Anxiety

[The American Psychological Association](#) reports on a recent study where 1,000 families around the country were surveyed, and 71% of parents said the COVID pandemic has affected their child's mental health. Our children are more anxious than ever now, and who can blame them? Aren't we all a little more anxious?

Getting outside and playing is nature's way of relaxing the brain. Fresh air and movement does wonders for a worried mind. When we all can enjoy time together full of laughter and joy, it's understandable how it could lead to a decrease in anxiety.

A great added bonus? A child who plays exerts energy and decreases anxiety, which often leads to better sleep. We've all seen a child who has played all day zonk out in the backseat. Imagine the magic of having a playground in your backyard to bring the benefits of play to you.

Albert Einstein once said, "Play is the highest form of research," and all of us here at Swings-n-Things agree! We can't guarantee our playgrounds will make your child a genius, but we can say with confidence that the playgrounds we offer for your backyard create a great outdoor space for your kids to play and therefore learn, grow, and develop vital life skills.

We hope you'll get outside and make memories with your kids. Now you can rest easy knowing you're also helping them grow into stronger, healthier adults one day as well. Who knew a simple playground could be so powerful?

Consider bringing home the power of a playground to your own backyard. We'd love to help walk you through the process to help you decide which structure is best for your Einstein.