



How About That Weather?

By Megan Drummond

How many times have you looked at the weather forecast this month and groaned?

Warmer, drier weather is on its way but first we have to make it through the dreaded mud season!

It's so easy to get stuck in the mindset of despising the cold, snowy, muddy, wet weather of March but here are some fun tips, activities, and reminders to help you embrace the mud.

Mud is magical to children but there is science behind that magic!

- Exposure to friendly soil bacteria (found in mud) stimulates the immune system causing the brain to release serotonin.
- Serotonin plays a key role in mood regulation, sleep, digestion, wound healing, bone health and many more!

Mud builds a child's creativity, critical thinking skills, and positive social skills.

- In mud we can test theories, challenge ourselves and others, practice balance & coordination, develop sensory awareness and strengthen an understanding of basic math and literacy all while jumping in muddy puddles!



Mud can ignite a connection to nature!

- As a society we spend less time outside than we ever have before which has been a main contributor to the mental health crisis we are experiencing.
- Providing children with the freedom to experience the raw joy of playing in mud can ignite a true connection to our natural environment.

Mud is fun!

- As adults, we need to be reminded of the benefits of mud play so we can endure the mess that follows but for children, all they see is the freedom to play!

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How do we embrace the mud?

- Throw a Spring Fling! March 20 is the first day of Spring, have the children decorate your outdoor space to celebrate!
- Seek out the beautiful signs of Spring. Provide magnifying glasses and send the children on a hunt for new growth around your space!
- Extend the learning. Give the children opportunities to draw what they find with clipboards, paper and pencils or let them draw on big paper/hard surfaces with fingers and mud!



There is no bad weather if you are dressed properly!

We are always reminding parents to bring in extra clothing and outdoor gear but how many of you are prepared? We adults can enjoy a muddy March too! Keep boots, water repelling pants and jackets, extra socks and even clothes at the centre!

For children:

- Make sure all under layers are tucked well.
- Shirt into pants and pants into socks, and
- Tuck splash pants or snow pants over boots, jackets sleeves over mittens!

We aren't going to keep them dry, but we can help lessen the wet!

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Relationships can be forged when adults play too!

- Can you picture the joy on a child’s face when they watch some of their favourite adults jump in the muddy puddles with them?
- Children crave positive connections with us, what better way to build strong connections than through letting go and embracing the mess and unlocking the fun of muddy March!



Muddy tip for parents!

Keep an extra reusable bag or two in your car, to throw muddy clothes into!

You don’t have to like muddy March, but here’s hoping you can make the most of it!

Get messy,

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