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Describe the things your child points to or picks up while you play with her outside. This helps your child to understand the world and learn new words to use as she talks about her experiences.

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### Why this is important

Playing outdoors gives your child endless ideas for play. Walking and talking with her while outdoors encourages her to explore with confidence. As you describe the things she points to or picks up, you are teaching her words she can use later to talk about her experiences. You are also helping her understand the world around her.

### What you do

- Walk outside with your child and encourage her to explore and investigate. Help her feel confident by making sure she is safe while outside.
- Talk about what she sees and touches: *The grass feels cool. That's a prickly bush!*
- Look for any interesting object to share and talk about with your child: *Look at that yellow dandelion.*
- Invite her to safely touch and examine leaves, flowers, sticks, sand, or rocks. She may want you to carry a few items she collects. If she smells a flower, ask her how it smells.
- Describe her play using words such as *gritty, sweet, slippery, rough, smooth, scoop, dig, between your fingers*, etc.

### Another idea

Add variety to her outdoor play by exploring different places. Simply crossing the street offers new opportunities for your child to explore.