

# Outdoors For Creativity

## GUEST BLOGGER

**Suzanne Robinson**  
Mummy to Twins Plus One

*My twin girls and little boy really love playing in the backyard every chance they get. The twins love climbing trees, making cubbies, pretend play, games with friends, picnics and so much more. Mud pies, and mud cakes are a huge hit with all my kids. Anything that means they can get dirty is a winner. One great idea to keep kids entertained is to create some mud pies with the addition of flowers as decorations. The kids can then have fun playing in the garden. Having a whole lot of mud pies can then influence imaginary play. You will find that you are buying mud pies and pretending to eat many different flavours of mud cakes.*



### More about our Guest Blogger

Suzanne Robinson is the mum behind **Mummy to Twins Plus One**. Suzanne lives in Blue Mountains just outside of Sydney. She is a mum to twin girls and a baby boy and yes, three kids keep Suzanne extremely busy. Suzanne is a blogger, writer, speaker, organiser of all, creative, and loves having fun with the family. **Mummy to Twins Plus One** covers everything from parenthood, ideas for dinners, parenting fails, giveaways, competitions, and some great craft and DIY ideas. Suzanne has a degree in Communications and a Masters in Project Management.

### Exposing kids to microbes in the great outdoors boosts their immune system

Not only is playing in mud fun, it is also a healthy activity. Exposure to dirt and germs early on in life can help with how your body deals with other things, like dust and pollen. It's also thought that this could assist with lowering allergies and illnesses later in life.

### Playing with friends

You might think it was the 1970s at my house. My kids have really good friends just a couple of houses down. The kids from down the street come to us to play and have fun, and my kids go to their place for fun and games. When the weather is hotter it means there is more time to have adventures with their mates.

I like the idea that my kids have the freedom to have fun, explore and to have adventures.

Many parents freak out about not monitoring their children at all times. Kids need to have experiences and learn from accidents, adventures and make decisions on their own. I'm a big fan of unstructured play for kids.

### The benefits of unstructured play are:

- Helps kids make their own decisions
- Less stress and pressure to stick to rules of games created by adults. Children can create their own rules and structure
- Better social skills. Playing with other children makes everyone have to sort out their differences themselves
- Imaginary play which allows kids to try out complex scenarios and learn
- Fresh air and exercise
- Sunshine. While outdoors kids will get a good dose of natural vitamin D. This essential vitamin helps bones, development, bodily functions, and makes you feel good
- A break from technology. Staring at screens for hours is not good for anyone. Being outdoors can help kid's eyesight, making kids play outside shows them that there are other things to do than be on a computer or iPhone.

### What the outdoors does for me

My brain is always going full throttle. I have so many things to do, to think about and to organise. I suppose this is like most people whether they have kids or are just super busy with work and life.

I find that once I have some down time, not watching a screen, I can refocus. I can think of solutions to problems and be more creative. While walking or just sitting in nature I find that I can solve all my problems... yes, just leave it to me to solve the world's problems after a good walk in the bush.

Fresh air, exercise, a change of scenery and switching off helps you be a better you. Just be. Sit, and have quiet. Finally, hear your own thoughts for a change.

### Do you love being outdoors?

This summer make some time for the family to be outside, away from technology and be at one with nature. I'm sure you will be happier for it.