



The Parks Trust
MILTON KEYNES



Tree Tots

Nature Play Toddler Group

For 0—5 year olds

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How is my child learning at Tree Tots?

What exactly are children learning through playing outside? All of the activities we provide at our sessions will be supporting your child's learning & development. Even day to day activities will be impacting your child's learning journey. Here are some examples:

- * Extending vocabulary, using outdoor words such as squelchy, misty, tree, pond, toad, dragonflies, sunshine etc
- * Stories and singing, even if your child isn't yet talking, they can still enjoy being sung to and joining in with actions to develop their motor skills. Reading helps to expand their imagination and develop an understanding of the world around them.
- * Mud kitchen, tipping and pouring, honing their fine motor skills, playing alongside other children, learning how to share (or not!) and imaginary play, making 'soup' out of leaves!
- * Slack lines, hammocks, exploring the woodland: this allows them to explore their environment, develop muscle strength and coordination, and gain self-confidence.
- * Learning through repetition:
 - * Repetition comes in many forms. This may include reading the same story one hundred times, or learning extensions and games that repeat the same skill.
 - * Repetition may also come from routine or the environment. Knowing what to expect, and having things happen in an ordered way, helps children to know what to expect and feel at ease.
 - * When the environment is predictable, a child feels safe and secure, which establishes the optimal environment for learning.

Activities

Activities will vary according to the weather and the season. Firm favourites that we have most weeks are our welcome song, a wander into the ancient woodland, story time and free play in our woodland clearing where the children can choose to be creative in the mud kitchen, relax on the hammocks or test their balance on the slack lines! Activities you may see at Tree Tots



- * Bug hunting
- * Scavenger hunts
- * Sawing
- * Mud kitchen
- * Water play
- * Slack lines
- * Hammocks
- * Making bird feeders
- * Decorating stones
- * Story time
- * Song time



Whatever they choose to do it will be helping them gain confidence, learn new skills and make new friendships in a beautiful and relaxing environment.

Children benefit from playing outdoors, as it's great for their well being, builds resilience and independence.



What is Tree Tots

Tree Tots is an outdoor toddler group. Children attend with their parent or carer.

Sessions run each week with a bookable session from 10am - 11:30pm. Prices are £2.50 per child, those under one year are free. There are **limited** spaces available on the day that are not bookable, just come along, pay and



play.



Tree Tots is enjoyed year-round whatever the weather, fostering a positive can-do attitude to everything life may throw at us and helping everyone appreciate the beauty and wonder to be found in every season at Howe Park Wood.

Please ensure your child (and you!) are suitably dressed. In colder months you will benefit from plenty of layers, a waterproof all in one for the children is highly recommended. In the summertime we would suggest long sleeves and trousers to help prevent against bites and stings. Flip flops and sandals are not recommended.

Another firm favourite for the children is hot chocolate time, of course we understand if you'd prefer your child not to have hot chocolate and we are happy to provide an alternative such as, water, milk or gluten & diary free options. Please mention this at time of booking.

Where is Tree Tots

Tree Tots is held at Howe Park Wood, one of our city's three ancient woodlands.

Situated just off Chaffron way H7, opposite The Nut & Squirrel Public House.

There is plenty of free parking on site and also a charging point for electric vehicles in the car park.



We meet at 10am outside the Education and Visitor Centre, where you will also find toilets, baby changing facilities and a café. Please leave in plenty of time if you wish to use the facilities so the session can start promptly at 10am.

We would prefer you to keep your furry friends at home, not all children (and adults!) feel comfortable around dogs and we would like Tree Tots to be a positive experience for all. Please feel free to bring your dog to Howe Park Wood another time. (We ask that all dogs remain on a lead in the wood from 1st March to the 30th September inclusive. This is not only to avoid disturbing birds that nest low-down in trees and shrubs, but also helps to reduce disturbance to plants and animals that live in the woodland habitat.)

Frequently Asked Questions

What should my child wear to a Tree Tots session?

As we aim to be outside for most of the time, in colder months plenty of layers and a waterproof all in one. In the summertime we would recommend long sleeves and trousers to help prevent against bites and stings.

Do I need to purchase a ticket for my 2 month old baby?

No, you only need to purchase tickets for children aged 1 year and above.

I am unable to book online this week, is it okay if I just come along and pay on the day?

Yes, there are a limited number of on the day spaces available, but where possible we would like to encourage people to book online.

Can I bring my buggy up into the wood?

In the summer yes, however after heavy rainfall the paths can often be extremely muddy so best to check in advance by dropping us an email on treetots@theparkstrust.com

Do you still run in the school holidays?

Yes we do.

Its raining! Are you still running?

Yes! We are outside in most weathers, in extreme conditions (storms or high winds) we will head back to the Education Centre for some indoor activities.

Do I need to stay with my child?

Yes, parents and carers are to remain responsible for their children at all times.

Do you have toilet facilities?

Yes, there are toilets at The Education Centre, where we meet.