

## Nurturing Nature in Nursery



Ferryhill Primary's Nursery have been working with some of their families and the charity, Grounds for Learning, to raise awareness of the benefits of outdoor education. The Nurturing Nature project is working with 6 nurseries throughout Scotland and uses outdoor free play in areas of local greenspace as an early intervention to support the wellbeing of vulnerable pre-school children. The project has a strong emphasis on nature play as a way of supporting parent/child relationships and healthy attachment.

The project targets families in areas of multiple deprivation and seeks the active involvement of dads and parents from ethnic minorities. The project runs over 8 sessions which are led by Grounds for Learning staff. Alongside this, nursery staff attend, helping build relationships and at the same time equipping them to then lead an identical programme, with Grounds for Learning support.

At Ferryhill the project is running between November and Christmas, with further sessions being offered by staff between January and Easter and then again between April and the summer. Sessions are weekly, with up to 10 children and family members taking part. The parents involved in the first cohort have already said how much they and their children are enjoying the experience and are describing how they're starting to use the skills learned during weekend trips to greenspaces. The second cohort is proving popular with families keen to sign up already.

