



FAMILY
DAY

Preparing for International Mud Day: Parent Tip Sheet

“Dress for mess, bring backups, and get ready for joyful, sensory outdoor play!”



WHAT TO WEAR

- Send your child in **clothes that can get very dirty or stained**
- Dress for **active outdoor play and the weather**
- Choose **closed-toe, easy-to-clean footwear** (*rubber boots, old sneakers, or Crocs with back straps*)
- Please **avoid** sandals or flip-flops



WHAT TO PACK

- A **full extra change of clothes** (*including underwear and socks*)
- A **small waterproof bag** for muddy or wet clothing



HELP YOUR CHILD PREPARE

Talk with your child about:

- Having fun getting messy
- Exploring outdoors using their senses
- Playing with mud, water, and natural materials
- Knowing that **it's okay to get dirty!**



WHY MUD PLAY?

Mud play encourages:

- Creativity and imagination
- Sensory exploration
- Problem-solving and teamwork
- Connection with nature
- Joyful, hands-on outdoor learning



THANK YOU!

Thank you for supporting outdoor exploration, curiosity, and messy fun on **International Mud Day!**

*We offer some great
resources on our
Mud Day webpage!*

