

Helsinki

Join us at the playground

Playground activities
are free of charge!



Helsinki's playgrounds

are located close to families throughout the city. They form a network of 70 playgrounds and family houses with good transport links. Playgrounds are safe places for families with babies or young children and schoolchildren to spend time in. Playgrounds provide diverse guided outdoor and indoor activities for families and schoolchildren. In addition to the courtyard and varied playground equipment, playgrounds have indoor premises and often a paddling pool for summer use. Playgrounds are open on weekdays from 9:00 to 17:00. The opening hours may vary slightly.

More information

- hel.fi/playgrounds
- hel.fi/events
- Facebook and Instagram pages of playgrounds
- notice boards at playgrounds.

Download the free **Leikkipuistot app** (available in Finnish only) on your phone to find all the playgrounds on the map and information about the playgrounds, facilities and activities.



Activities for families with babies and children

Shared moments for children and parents with music, art, play, exercise and just being together – guided moments for families are organised in the mornings. Children have other children to play with and their parents have the opportunity to get to know other families with children.



Clubs

Free clubs for 2–4-year-olds meet for a few hours 2–4 times a week.



Infant family activities

Playgrounds organise infant family activities as a continuation of the child health clinic's family training for first-born families of Helsinki.

There are three themes for the activities, which are discussed together with the instructors. The meetings have the same content at all locations.

The themes of infant family activities are:

- Being with the baby – what is early interaction?
- Coping with everyday life – being a parent
- The baby's circadian rhythm



Sleep guidance

Sleep guidance is for families who need help to improve the sleep pattern of their 6–12-month-old baby.



Kotoklubi Club Kaneli

At Kotoklubi Kaneli ('Home Club Cinnamon'), you can learn everyday Finnish by singing, playing, moving and doing arts and crafts together with children and parents.



Family houses

Family houses offer various activities, courses and groups for parents and children.



Activities during school holidays

During the school holidays (autumn break, Christmas holiday, winter break and summer holiday), playgrounds organise free day camps and open guided holiday activities for schoolchildren.



After-school activities for schoolchildren

Guided activities are organised both indoors and outdoors. The activities are diverse, based on children's play, movement, arts and cultural heritage, and enable positive learning experiences. At the playground, children are active actors; the planning and implementation of the activities starts from the wishes and needs of the children. Children can bring their own snacks or eat a paid snack at the playground.

In summer, playgrounds provide free daily meal for children under the age of 16



“It is wonderful when a young schoolchild can spend the afternoons safely and comfortably in a nearby playground.”

“We rented playground facilities for a child’s birthday party. The cost was low and we did not need to stress about cleaning at home. You should ask the playground for more information.”

“The playground is a lifeline and an extra living room for our family.”

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