

Baby fun outdoors

Babies need to experience fresh air and natural light outdoors everyday.

With a supportive adult they can explore the natural world by touching and smelling nature around them, lying on their backs and looking at the sky; marveling at the clouds, the birds, aeroplanes and the tops of trees.

If babies are crawling or beginning to toddle you could create little challenges for them to move around, crawl over and negotiate on grass.

If you haven't any grassed areas, take out mats and blankets and something for them to play with.

Always ensure babies are dressed appropriately for the weather.

