



Wee Learn

Wee Beginners (0-18 months): Outdoor Activities for Babies



Explore nature together at each stage of your baby's first year. Time outside provides fresh air and a change of pace that's both calming and stimulating for babies, and is sure to boost your mood, too.

Baby's Age: Birth to 3 Months

At this stage, lack of sleep, and attending to your baby's every need can lead to a roller coaster ride of emotions for mom. Don't worry, as this is a joyous time and each day the bond of love builds stronger between you and your child.

Outdoor activity:

- Make time for short walks with your baby in a stroller or a carrier. Even 10 minutes can be beneficial
- Babies, especially newborns, are soothed by white noise, nature is filled with white noise, such as the wind in the trees, a babbling brook, etc

Baby's Age: 3 to 6 Months

At this stage, your baby starts to smile, coo and babble, and he/she is able to see things around them more clearly, too. Your baby is craning their neck to view the exciting world around them.

Outdoor activity:

- Point out trees, snow, and animals, saying the words for each object several times. They may not be able to say the words yet, but they are absorbing everything they hear and see.
- Enjoy their smiles and watch as their eyes widen with a sense of wonder.

Baby's Age: 7 to 9 Months

At this stage, your baby usually has head control and can sit up on their own. It's a time when little explorers are bursting with the desire to get moving, and may even be crawling already. Meanwhile, moms often feel that it's time to take care of their own health by exercising more often

Outdoor activity:

- If you are going out for an exercise, take your infant with you so that they can enjoy the cold outdoors with you.





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Baby's Age: 10 to 12 Months

At this stage, your baby is beginning to recognize that words refer to specific objects. Also, at this age "object permanence" is fully intact, which means that they now know that objects still exist even when they are out of sight.

Outdoor activity:

- Stand in the snow and let your baby explore
- Gather some natural objects — a smooth rock, a pinecone, a stick — and cover them up with a cloth and play 'peek-a-boo'.
- Bring bubbles to blow — this classic activity never fails to please a baby

<https://www.johnsonsbaby.com/play-and-learning/outdoor-activities-for-babies>



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