

Outdoor Exploration

For Infants (6 weeks - 18 months)

6 Benefits of Nature Exploration for Infants

#1 Promote Early Language Development:

When infants are exposed to rich sensory environments their minds are active. Nature provides an abundance of sensory experiences which in turn activates the intake of the child's mind. Babies become more curious, and this combination encourages early language development.

#2 Make Sense of the World:

Inviting infants to explore nature coincides with their natural instincts to become scientists and explorers. These explorations build a foundation for their learning. Nature exploration develops the formation of babies' synapses while they are trying to make sense of the world.

#3 Physical Development:

Children acquire a large percentage of their gross motor skills before age 5. Infants' outdoor experiences in nature may offer new opportunities to pull up, toddle, and walk. Observing older children running and jumping also benefits their physical development.



#4 Healthy Sleep:

Everyone sleeps better when they are exposed to fresh air and sunlight, especially infants and toddlers. Developing regular routines for getting outdoors in nature helps infants create their own body rhythms and that includes developing healthy sleep patterns.

#5 Builds Immune System:

Children who spend more time outdoors have stronger immune systems. The exposure to outdoor elements such as sun, wind, rain, and snow increases infants' immune systems more than their indoor sterile indoor environments.



#6 Good for the Entire Family:

Infants sense the stress of their caregivers. Exploring nature together is an ideal activity, as getting outdoors can decrease depression, anxiety, and tension in adults.

Infant Activities




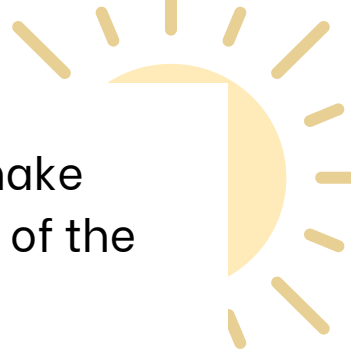
Eat outside

Plan a picnic and carry food in your basket to eat outside. It can be something new for your little ones. As you unpack the basket and lay various food items, let them play in the open and then devour the tasty food.

Give them a nap time


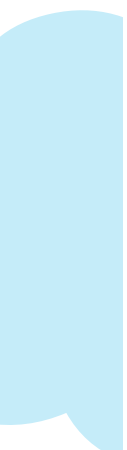
An infant can sleep up to 14 to 16 hours a day. Take them outside for nap time and let them sleep outdoors, breathing in the fresh air. Do not take them to busy areas as they could get stimulated and skip their nap.








A stroll in the park can be a good idea as it can make your baby get accustomed to the natural sounds of the wind, birds, or water while they sleep.

Tummy time



This is another activity that you're probably already doing inside, so take it outside! Grab a blanket and some toys and move the action outdoors. Babies will love reaching for and touching new things, like grass and leaves. And when they're finished with their tummy time, roll them on their back and let them see the sky.

Read a book



Spread out a blanket under a shady tree and read your baby a few of her favorite books outside. Babies enjoy reading books anywhere but taking them outside adds a whole new layer of fun and connection. Consider reading books that take place in nature, so you can point out natural elements (trees, grass, leaves) in the story as well as around you.

