

OUT AND ABOUT

A PRACTICAL GUIDE TO SPENDING QUALITY TIME IN THE OUTDOORS



1 CONGRATULATIONS - YOU HAVE A NEW BABY!



2 WE KNOW YOU'RE ANXIOUS TO GET YOUR BABY SAFELY HOME...



3 BUT REMEMBER, WHILE YOUR NEWBORN IS PRECIOUS, YOU DON'T NEED TO SPEND ALL YOUR TIME INDOORS. FRESH AIR AWAITS...



4 DID YOU KNOW? GREENERY CALMS BABIES & THE VISUAL STIMULUS OF BEING OUTDOORS HELPS THEIR BRAIN DEVELOPMENT TOO.



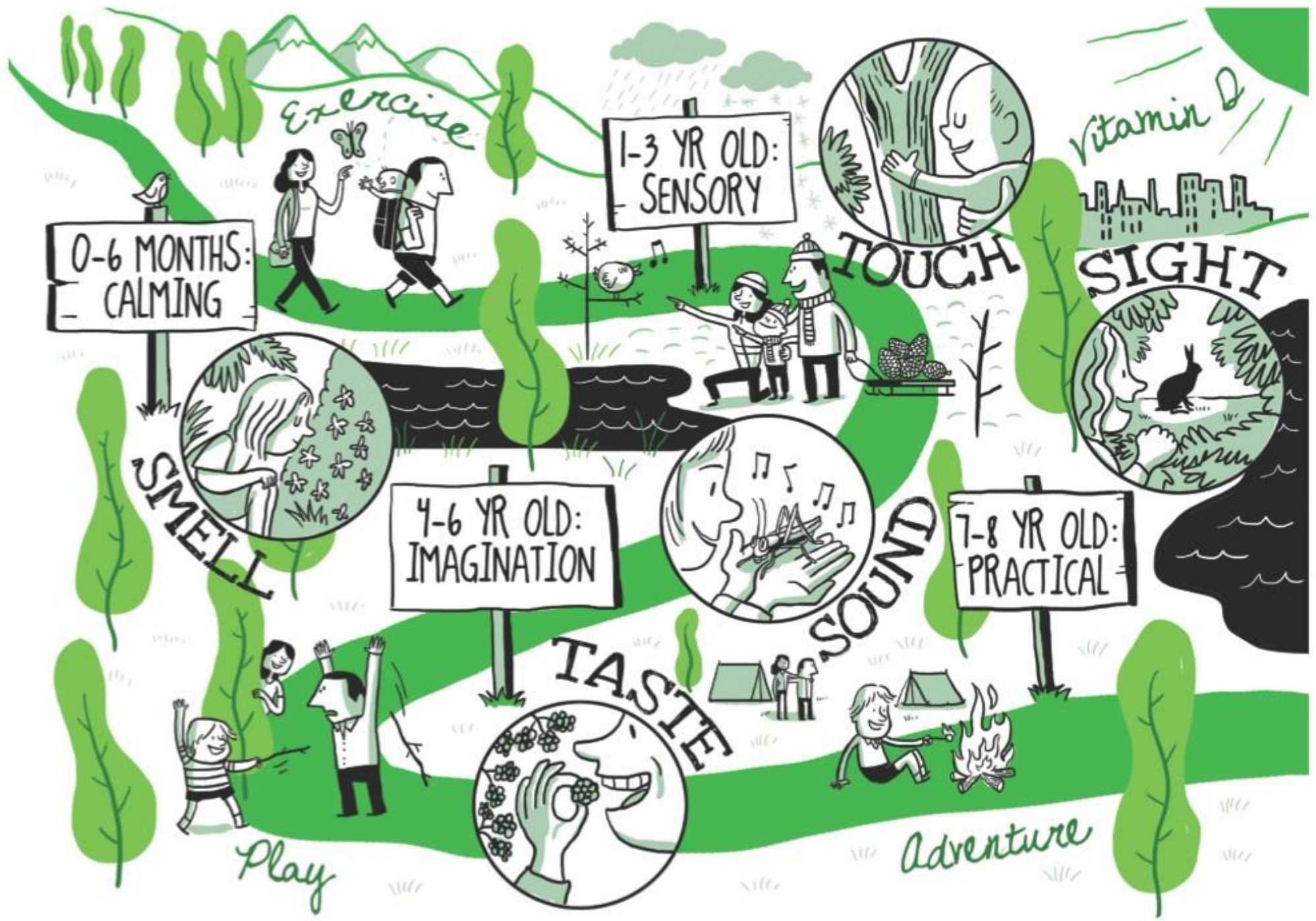
5 EVEN IF YOU DON'T HAVE A GARDEN, YOU CAN GO FOR A WALK BY A RIVER OR IN A LOCAL PARK FOR A DOSE OF VITAMIN D, AKA SUNSHINE.



6 IT'S VERY GOOD FOR YOU AND YOUR CHILD TO SPEND QUALITY TIME TOGETHER IN NATURAL SURROUNDINGS, COME RAIN OR SHINE. ENJOY!

RECORD THE AMOUNT OF TIME YOU SPEND OUTSIDE EACH DAY FOR THE NEXT 4 WEEKS (E.G. 1 HOUR OR 20 MINUTES)

WEEK								WEEK								WEEK								WEEK							
1								2								3								4							



0-6 MONTHS:
CALMING

1-3 YR OLD:
SENSORY

4-6 YR OLD:
IMAGINATION

7-8 YR OLD:
PRACTICAL

SMELL

TOUCH

SIGHT

TASTE

SOUND

Exercise

Vitamin D

Play

Adventure