



## Outdoor activities for babies to 1 year olds


There is plenty of outdoor fun to be had but it can be difficult to find activities for a baby, so here are some fun ideas to get those little bodies active!




Tummy time outside is different to inside so explore the unevenness of the grass and enjoy the gentle breeze and the smell of the flowers. Introduce sand in a shallow tray once your baby is strong and sitting up. Use cups for pouring the sand.




Let your baby crawl over uneven surface, as this will help develop their core muscles. It also supports their sensory development when touching and smelling the grass, mud, flowers etc





Set up an area with wind chimes and lay your baby on their back to watch them move in the breeze, letting them stretch their muscles and expand their lungs




Play with paper streamers on a breezy day. Encouraging your baby to move and catch them as they blow in the wind.



Read books while sitting on a blanket in the shade of a tree



Sit on a blanket with several balls and an empty basket or box. Drop the balls into the basket or box.



Go for a nature walk - babies love to watch the tree movement and being active outside also supports the manufacture of Vitamin D that promotes healthy bone growth.