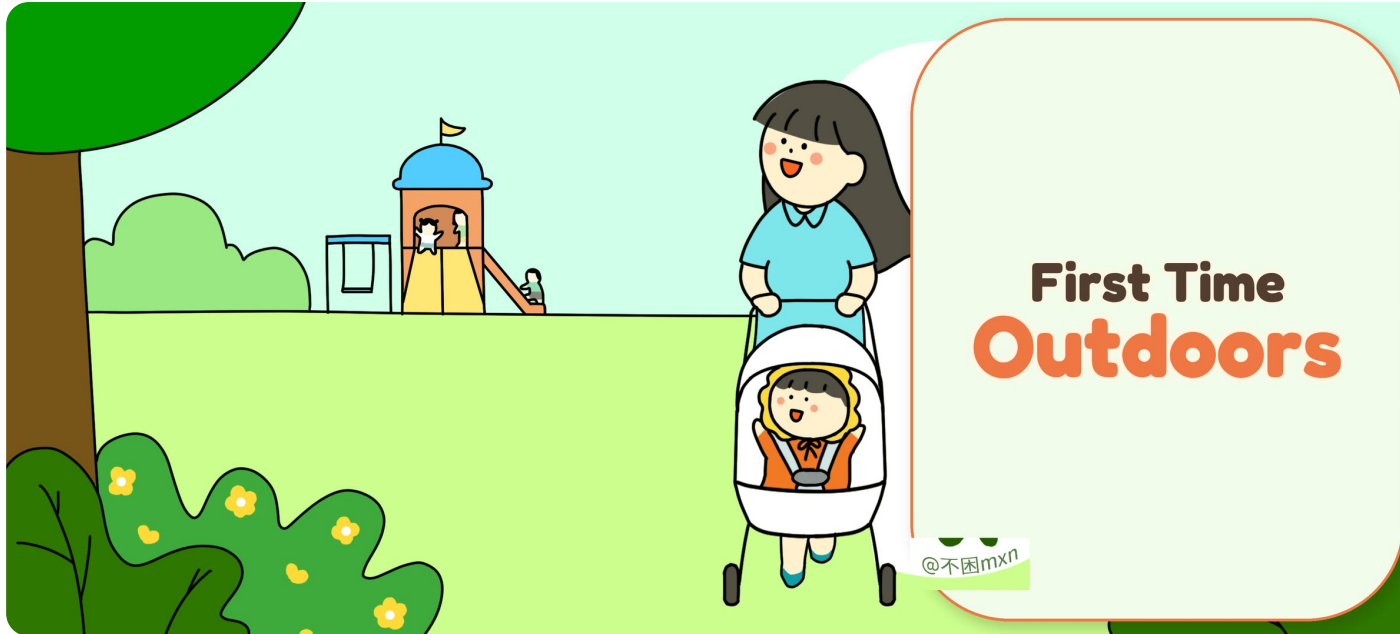




First Time Outdoors

Take your baby outside for a walk and share the new sights, sounds, smells, air, and movement around you.

Helps Your Child Grow



Perception

Feeling outdoor light, air, sounds, and movement gives your baby varied sensory experiences while they take in the world around them.

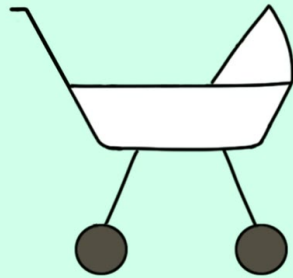


Attending and Understanding

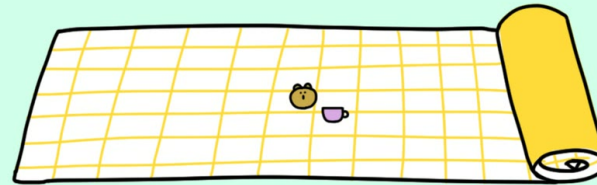
Hearing you describe what they are looking at helps your baby connect shared attention with words and meaning.



What You'll Need



Stroller



Picnic blanket

What You'll Need

1. Stroller

2. picnic mat



Take a Short Outdoor Route

As you walk, describe a few things you see, hear, or smell: flowers, a dog, or children playing. Pause between comments so your baby has time to take in the unfamiliar surroundings.

Observations

- Takes in the surroundings by looking, listening, or smelling
- Looks toward you when you speak

Tips

- Your baby may simply look quietly, blink, turn their head, or babble. These small responses show how they are taking in the new sights, sounds, and smells.
- The outdoor world is new and sometimes uncertain. Your familiar, gentle voice remains a steady point of connection.
- Even when your baby cannot answer with words, your description connects a new sound or sight with a shared moment.
- Before going out, prepare for the weather with the sun protection, shade, or warm layers you normally use for your baby.



New Discoveries Under a Tree

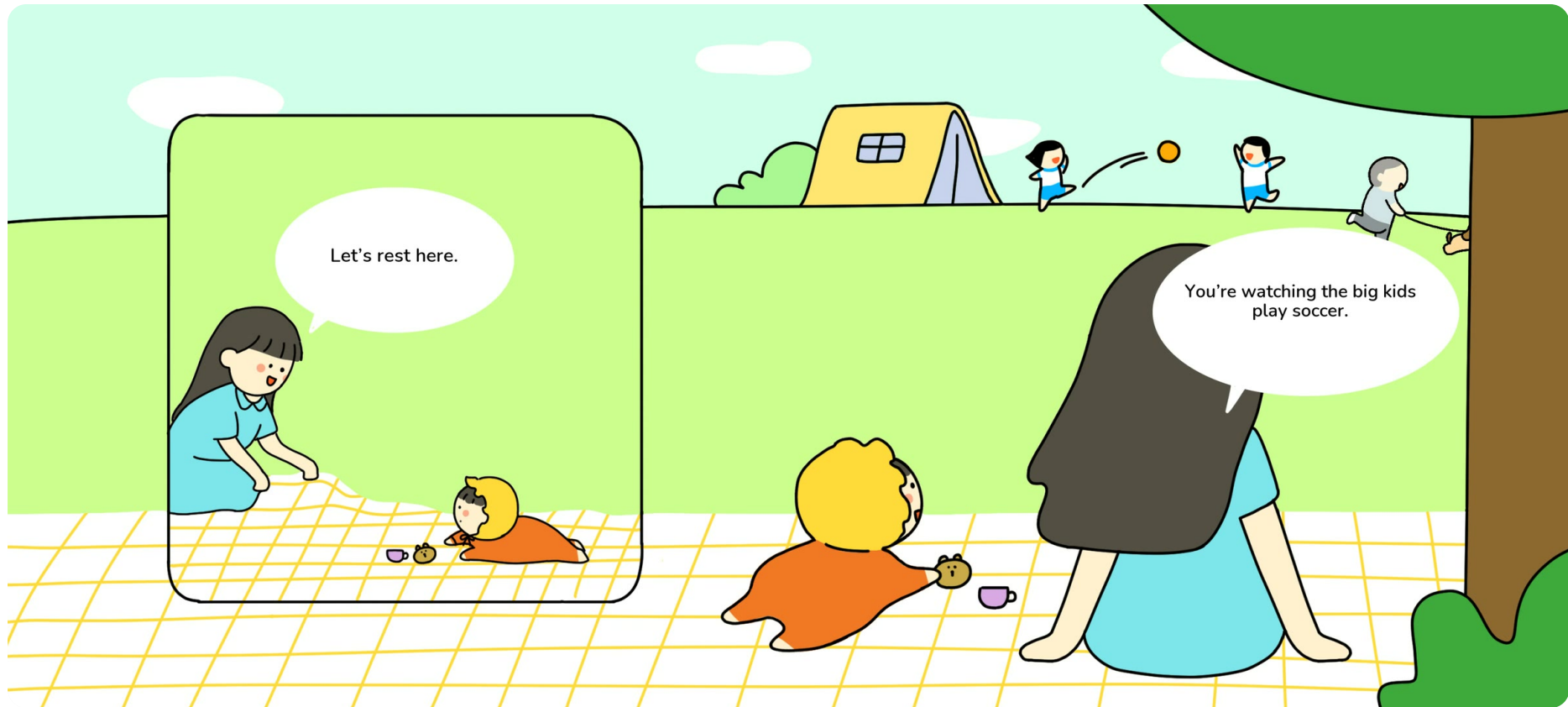
Pause as you walk and follow your baby's gaze. When something catches their attention, look at it together and name what they can see. If your baby watches a tree, for example, describe the patches of light moving through the leaves.

Observations

- Looks at the leaves with you while listening to your description
- Watches the dappled light under a tree

Tips

- At this age, moving light and shadow may be easier for your baby to notice than small visual details.
- When you stop where your baby is looking, their attention influences what the two of you explore together.



Rest on the Lawn

When you are ready for a rest, spread out the picnic mat and give your baby time for tummy play while looking around. If they notice children nearby, describe one action or sound they are observing.

Observations

- Watches and listens to another baby playing nearby during tummy time
- Lifts their head during tummy time to look at people nearby

Tips

- Your baby learns about the surroundings through real sensory experiences rather than a formal lesson.
- The open mat gives your baby room to move during tummy time and practice #PMP-GrM.
- Another child's movement or laughter may hold your baby's attention even before they can join the play.