



Family Literacy Week  
January 26 – February 2, 2025

# Learn to be Green, Together

## Babies

### Nature walks with baby

#### Take a nature walk

Go for a walk in the woods, a local park or wherever you can interact with nature. Talk about all the different scents, sights and sounds as you talk to baby about what you are smelling, seeing and hearing. Let baby touch safe items like pinecones, branches, leaves and blades of grass. Being outside is a wonderful way to engage baby's senses without overstimulating them.

#### What you need:

- appropriate outdoor clothing
- natural outdoor space
- comfortable shoes
- stroller or baby carrier

#### What you do:

1. Take baby outside and explore nature together.
2. Suggestions for interacting with baby:
  - Help baby touch a tree and say things like, "That feels rough/smooth/sticky."
  - Encourage baby to smell pine needles like, "Smell that, it smells fresh."
  - Point out sounds like birds chirping or wind blowing, saying, "The birds are loud."
  - Point out colours around you or when the sun comes out, tell baby, "It's bright out."



### How does exploring nature make baby greener?

- Exploring nature through calm, multisensory experiences helps baby learn to love and appreciate nature. As they grow older, they are more likely to take care of their environment.

**"We must teach our children to smell the earth, to taste the rain, to touch the wind, to see things grow, to hear the sun rise and night fall – to care."**

– John Cleal