

Find out more

The Hiking Household has walking maps in Cumbria for young children and their families.

[About The Hiking Household](#) | [Family Friendly Walks](#) | [Cumbria](#)



[Listening for sounds - BBC](#)
[Tiny Happy People](#)



[Walk and talk trail for 0-5 year olds](#) | [National Literacy Trust](#)



Please call into the Family Hub to talk further about any of the topics shared here.

Grow and Learn with Me

Exploring out and about

Children love playing with you and love being outdoors.

A lot of the things you do inside can be done outside and more.

Outdoors can be really exciting as there are lots of smells, sounds and space to run around in and explore.

Getting out of breath running around and sitting quietly in nature can help children to have lots of different feelings and find out what they enjoy.

Moving around can help then calm down.



Babies

Did you know?

You can take a newborn baby outside safely when you feel ready. This will be different for everyone.

Just make sure you have the right clothes, include sun protection, and avoid crowds.

Why not try?

- Lie on a blanket and chat about what you can see, hear, smell and feel.
- Turn over for tummy time.
- Safely go bare footed and feel the grass on your toes. Walk on different surfaces to see how it feels to move differently. This will help develop balance.
- Blow bubbles and pop them, shout POP!
- Roll balls and pass them back and forwards. Make noises as you play the game.
- Eat outside. You could take your usual food outside or you could enjoy a special picnic.
- Carry your baby on a walk and chat about what you see around you.



Toddlers

Did you know?

Most children say they feel happier and healthier learning outdoors.

Why not try?

- Carry on all the games you played with your baby and...
- Start to throw, catch and kick balls or bean bags.
- Balance on stones and logs.
- Make an obstacle course of different levels.
- Safely enjoy water together. Splash in puddles, fill bowls or paddling pools. Add colours and bubbles. Make boats out of paper, sticks and shells. Make fish out of sponge and paper. Find out what floats!
- Go on a nature hunt looking for fir cones, sticks and leaves. Make a picture or pattern with them.
- Make marks in the mud or sand with a stick.
- Explore wheels by riding bikes or pushing a cart.

