

Taking Infants and Toddlers Outside

Playing outside is one of the best parts about being a kid! Using open space to fulfill basic childhood needs—jumping, running, climbing, swinging, racing, yelling, rolling, hiding, and making a big mess—is what childhood is all about!

- Getting outside each day helps keep children healthy.
- Outdoor play is one of the best ways for kids to develop their motor skills and physical skills.
- Having time outside will help children release pent-up energy.
- Children learn language when you take them for a walk and point to things in nature and say the words.
- Make a space with a blanket for young infants.
- Supervise children at all times.
- Make sure the equipment they play on is safe.

Hot Weather

- Keep children under six months of age out of the direct sunlight under an umbrella or in a shady area.
- With parents' permission, apply sunscreen of at least 15 SPF to the child 30 minutes before going outdoors.
- Provide plenty of water for children.

Cold Weather

- When temperatures are at or below 20° F, including wind chill factor, infants should not go outside.
- When temperatures are between 21-32° F, outdoor time should be limited to 20-30 minutes.
- Bundle children in warm dry layered clothing.
- Check children's hands and feet every 15 minutes in cold weather for color and warmth.

Even a short period outdoors will benefit kids and adults, providing a chance to breathe fresh air, feel the wind on their faces and get a bit of sunlight.