Walking outside can be a beautiful bonding adventure for you and the baby. The smells, the sights, and the sounds will grab the baby's attention. Taking the baby outside helps them learn about their surroundings. Being outside is also good for your health! Spending 5 minutes outside in a park improves self-esteem, lowers stress, and makes you feel good.

If you are going for a short walking, you do not have to pack a large bag. Try this next time you plan to go for a walk:

**BE COMFORTABLE** (both you and the baby):
- A stroller is the best option.
- Only use a baby carrier if you can walk without feeling pain. Women of an unhealthy weight may feel knee pain when they walk. Walking with the baby in the carrier may make the pain worse.
- Change the baby's diaper before leaving the house.

**WHAT TO BRING:**
- Your pedometer
- A water bottle for you to drink water.
- Snacks for you (apple slices, carrots, banana).
- A bottle of breast milk in case the baby gets hungry. Empty your breasts and breastfeed before walking. This will help you walk comfortably.
- Baby wipes
- Cell phone
- A baby blanket
- Baby toy (stuffed animal)
- Wear SPF 15 sunscreen or higher. Wear a hat to cover yourself from the sun.

**STROLLER SAFETY:**
- Make sure the baby is strapped in.
- Lock the stroller in the open position before putting the baby inside.
- Use the canopy to cover the baby from the sun.
- Keep small bags in the basket at the bottom.

**TIPS OF THE WEEK**
- Walking outside improves self-esteem, improves mood, and lowers stress levels.
- Walking outside helps the baby learn about their surroundings.
- Walk 40 minutes each day. That equals 4,000 steps each day!
If the first outing is not successful, it’s okay. Some babies are fussy at first. You be the judge and decide when it is time to go home. Keep trying and soon you will find a routine that you and the baby like.

RESOURCES:

NEW MOM GUIDE: GOING OUT WITH BABY
http://www.parenting.com/article/new-mom-guide

GUIDE TO FIRSTS: TAKING YOUR BABY OUT
babycenter.com/100_guide-to-firsts-taking-your-baby-out_10346210.bc

5 REASONS YOU SHOULD BE WALKING!
mom365.com/baby/posts/2012/oct/5reasonsyoushouldbewalking.aspx

AMERICAN HEART ASSOCIATION – GET MOVING!
http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/GettingActive/Get-Moving-Easy-Tips-to-Get-Active_UCM_307978_Article.jsp#.WCySbNlrL0M

APPs:

LOSE IT
itunes.apple.com/us/app/lose-it/id297368629?mt=8

BABY PACK & GO PACKING LIST
itunes.apple.com/ca/app/baby-pack-go-to-do-task-log/id320775368?mt=8

MY BABY AND ME
itunes.apple.com/ca/app/my-baby-me-by-philips-avent/id407931663?mt=8

MAP MY WALK
BLOGS:

BABY OUTINGS

babyandbump.momtastic.com/pregnancy-third-trimester/36059-your-newborns-first-outing.html

OUT WITH BABY – MOMMY DIAPER BAG ESSENTIALS

athriftydiva.com/baby-outing-essentials/

BAG FOR BABY – PACKING CHECKLIST FOR OUTING WITH KIDS


VIDEO

TOO COLD TO WALK OUTSIDE?

Try these activities, and instead of using a band use a can of beans or socks filled with coins

http://www.ionyourhealth.com/blog/simple-indoor-exercises/

WHERE TO WALK?

youtube.com/watch?v=HpvpwlZL2gU

REFERENCES: