

## PACK FOR A MOMMY- AND-BABY OUTING

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,<sup>4</sup> and makes you feel good.<sup>3</sup>



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:

### 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!

### BE COMFORTABLE (both you and the baby):<sup>2</sup>

- 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:<sup>2</sup>

- 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:<sup>1</sup>

- 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.

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:

### DISNEY BABY – TAKING YOUR NEWBORN OUT AND ABOUT

[disneybaby.com/on-the-go/newborn-outing-tips/#slide1](http://disneybaby.com/on-the-go/newborn-outing-tips/#slide1)

### BABY ZONE – GETTING OUT WITH YOUR NEW BABY

[babyzone.com/baby/baby-fun-and-play/getting-out-with-baby\\_65577](http://babyzone.com/baby/baby-fun-and-play/getting-out-with-baby_65577)

### GUIDE TO FIRSTS: TAKING YOUR BABY OUT

[babycenter.com/100\\_guide-to-firsts-taking-your-baby-out\\_10346210.bc](http://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](http://mom365.com/baby/posts/2012/oct/5reasonsyoushouldbewalking.aspx)

### AMERICAN HEART ASSOCIATION – GET MOVING!

[heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Get-Moving-Easy-Tips-to-Get-Active\\_UCM\\_307978\\_Article.jsp](http://heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Get-Moving-Easy-Tips-to-Get-Active_UCM_307978_Article.jsp)

## APPS:

### CAREZONE

[itunes.apple.com/us/app/carezone-mobile/id552197945?mt=8](http://itunes.apple.com/us/app/carezone-mobile/id552197945?mt=8)

### LOSE IT

[itunes.apple.com/us/app/lose-it/id297368629?mt=8](http://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](http://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](http://itunes.apple.com/ca/app/my-baby-me-by-philips-avent/id407931663?mt=8)

### MAP MY WALK

[itunes.apple.com/us/app/walk-map-my-walk-gps-walking/id307861492?mt=8](http://itunes.apple.com/us/app/walk-map-my-walk-gps-walking/id307861492?mt=8)

## BLOGS:

### BABY OUTINGS

[babyandbump.momtastic.com/pregnancy-third-trimester/36059-your-newborns-first-outing.html](http://babyandbump.momtastic.com/pregnancy-third-trimester/36059-your-newborns-first-outing.html)

### OUT WITH BABY – MOMMY DIAPER BAG ESSENTIALS

[athriftydiva.com/baby-outing-essentials/](http://athriftydiva.com/baby-outing-essentials/)

### BAG FOR BABY – PACKING CHECKLIST FOR OUTING WITH KIDS

[letterstoastin.com/bag-for-baby-%E2%80%93-packing-checklist-for-outing-with-kid.html](http://letterstoastin.com/bag-for-baby-%E2%80%93-packing-checklist-for-outing-with-kid.html)

## 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

[ionyourhealth.com/simple-indoor-exercises/](http://ionyourhealth.com/simple-indoor-exercises/)

### WHERE TO WALK?

[youtube.com/watch?v=HpvpwLZL2gU](http://youtube.com/watch?v=HpvpwLZL2gU)

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1. Clothier AJ (2007). Parents: first outings. Retrieved from <http://www.parents.com/baby/care/first-outings/?page=4>
2. Waters-Clark K. Baby Zone: getting out with your new baby. Retrieved from [http://www.babyzone.com/baby/baby-fun-and-play/getting-out-with-baby\\_65577](http://www.babyzone.com/baby/baby-fun-and-play/getting-out-with-baby_65577)
3. Barton J & Pretty J. What is the best does of nature and green exercise for improving mental health? A multi-study analysis. *Environ Sci Technol* 2010;44:3947-3955.
4. Godbey G. Outdoor recreation, health, and wellness: understanding and enhancing the relationship. Resources for the Future Background Study, May 2009.