



SHORT VIDEO INFORMATION SHEET

Spending Time Outdoors Matters for Infants and Toddlers!

This podcast shares some of the benefits that infants and toddlers gain by spending quality time outside and offers some ideas for how to make the most of outdoor time.

Reflection Questions

- How often do I take infants and toddlers outdoors? Where do I take them? How long do they spend outside? What, if any, changes might I make to the daily schedule to support greater exposure to the outdoors?
 - What outdoor experiences do I currently offer infants and toddlers? What other kinds of experiences might I offer?
 - How do I involve families in planning outdoor experiences? How do I support them in spending time outdoors with their children?
 - How do I feel about spending time outdoors? Is it something I enjoy? Something I'm not comfortable doing? How might my personal feelings affect children's access to the outdoors and/or the types of experiences children are offered?
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Related Resources

- News You Can Use: Take It Outside (January 2012).
<https://eclkc.ohs.acf.hhs.gov/learning-environments/article/news-you-can-use-take-it-outside>
- News You Can Use: Outside Spaces (March 2012).
<https://eclkc.ohs.acf.hhs.gov/learning-environments/article/news-you-can-use-outdoor-spaces>

- Exploring Nature with Your Baby.
<http://www.scholastic.com/parents/resources/article/stages-milestones/exploring-nature-your-baby>
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Relevant Head Start Program Performance Standards

§1302, Subpart C - Education and Early Childhood Development

§1302.31 Teaching and the learning environment

§1302.35 Education in home-based programs

If you do not have a copy of the *Head Start Program Performance Standards* and would like to view them electronically, you can use the following link to the ECLKC:

<https://eclkc.ohs.acf.hhs.gov/policy/45-cfr-chap-xiii>

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