

Nature Play with Babies

Things to do:

0 to 2 Years Old



Enjoy this [Nature Play with Babies Video](#)

- Get up close to plants or point them out while walking in nature.
- Talk about and touch the seeds, nuts, berries and flowers. Let babies and toddlers feel different textures with their bare hands and feet.
- Stroke leaves or flowers on arms, legs and cheeks. Give babies and toddlers time to explore and focus on nature.
- Look at and talk about the colours, textures, shapes and sizes.
- Sit with babies to use their senses with nature; you will be close so they don't swallow anything. Let them touch, smell and even taste sticks, grass and leaves.



- Float flowers, leaves and feathers in puddles or shallow water.
- Use seeds, grass and leaves to mix into mud with a stick.
- Point out small creatures: spider webs, dragonflies, ants, butterflies, bees. Hold some on your hand or a stick: ladybugs, caterpillars or a praying mantis.
- Be brave when discovering small creatures so you can encourage curiosity and interest – not fear! Catching and releasing minibeasts shows respect and concern for nature.
- Use a long stick to lift and explore underneath sticks or bark.
- Let babies try nature experiences several times to get used to different textures e.g. sand, bark and sticks.
- Watch and listen to the birds. Bigger birds like swans or ducks can be easier to see. Visit different waterways, like rivers, creeks.



- Dress in waterproof clothing and have short visits in gentle rain. Let the rain drop on hands and faces.
- Hold your baby while they paddle hands and feet in muddy puddles or shallow water – good for senses and gross motor skills for strength with walking and standing.
- Feel the wind and breeze on their face to express feelings.

- Let babies and young children mix and poke their fingers in mud and clay.
- 'Paint' mud on things outside with brushes or branches.
- Make mobiles out of found objects – feathers, leaves, sticks, to move in the breeze.
- Attach material, ribbon to trees and bushes to watch fluttering in the breeze.
- Watch and chase the leaves on a windy day - watch what the wind does to light things: hair, feathers.