



PODCAST 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.

Reflective Questions:

After you've seen or heard the podcast, consider these questions:

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

- News You Can Use: Take It Outside (January 2012)
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/take-it-outside.pdf>
- News You Can Use: Outside Spaces (March 2012)
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/nycu-outdoorspaces.pdf>

- Physical Fitness in Infants and Toddlers
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/families/Safe%20and%20Healthy%20Family/Health/PhysicalFitness.htm>
 - Exploring Nature with Your Baby
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Domains%20of%20Child%20Development/Science/ExploringNature.htm>
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Head Start Program Performance Standards Relevant to the Content in This Podcast:

See EHS Tip Sheet No. 48 - Why does time outside matter for infants and toddlers for more information and a list of relevant Performance Standards.

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/tip-sheet-48.pdf>

In addition, standards that address developmental and learning opportunities that could easily take place outdoors can be found in

- 1304.21(a)(3) support social and emotional development
- 1304.21(a)(4) development of each child's cognitive and language skills
- 1304.21(b) child development and education approach for infants and toddlers

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:

<http://eclkc.ohs.acf.hhs.gov/hslc/standards>.

