



## Niitty Project 2018–2020

<https://projects.tuni.fi/niitty/>

[www.facebook.com/niittyhanke/](http://www.facebook.com/niittyhanke/)

Project Manager Irmeli Nieminen. E-mail: [irmeli.nieminen@tuni.fi](mailto:irmeli.nieminen@tuni.fi)

Specialist Anna Aikasalo. E-mail: [anna.aikasalo@tuni.fi](mailto:anna.aikasalo@tuni.fi)

Specialist Jasmin Kaljadin. E-mail: [jasmin.kaljadin@tamperere.fi](mailto:jasmin.kaljadin@tamperere.fi)

Sources and further information:

Vauvan perushoito. Ulkoilu. Pirkanmaa Hospital District. Accessed 15 November 2019.  
Available: [https://www.tays.fi/fi-fi/raskaus\\_ja\\_synnytys/Vauvan\\_perushoito/Ulkoilu](https://www.tays.fi/fi-fi/raskaus_ja_synnytys/Vauvan_perushoito/Ulkoilu)

Neuvokas perhe. Liikuntasuositus lapselle. Accessed 15 November 2019. Available:  
<https://neuvokasperhe.fi/lapsen-liikuntasuositus>

Photographs: [www.pixabay.fi](http://www.pixabay.fi), Niitty Project

Niitty – Developing a Peer-based Family  
Training Model for Immigrants

## OUTDOORS WITH YOUR BABY

Vauvan kanssa ulkoilu



## IT'S A GOOD IDEA TO SPEND TIME OUTDOORS EVEN WITH A YOUNG BABY

A baby born **in the summer** can spend time outdoors straight after coming home from the maternity hospital.

A baby born **in the winter** can be taken outdoors **from about the age of two weeks**.

It's best to start with just 15 minutes and gradually lengthen the time spent outside.

A young baby should not spend time outdoors at temperatures below  $-10^{\circ}\text{C}$ .

Most babies in Finland sleep outside in the pram in the daytime and this is how the baby spends time outdoors!

**In the winter**, a child must be dressed in several layers of clothes to protect him or her from the cold.

**In the summer**, a child must be dressed in suitable clothing to protect him or her from direct sunshine.

Check the child's neck, not limbs, to estimate whether he or she is too hot or too cold. If their neck is sweaty, they are wearing too many clothes, but if their neck is cold, they are not wearing enough clothes.



## A CHILD BETWEEN 1 AND 2 YEARS OLD NEEDS EXERCISE AND TO SPEND TIME OUTDOORS EVERY DAY TO PROMOTE THE DEVELOPMENT OF HIS OR HER

A 1 to 2-year-old child often doesn't want to sit in a pushchair outside anymore, but prefers to walk and explore his or her surroundings.

At this age, children are curious and fairly lively, which is why going outside is a good way to expend some energy.

Playing in a playground and a forest develops a child's motoric skills. Forests are safe places to be, as long as you don't get lost.

When going outdoors, it's best to dress a child in clothes that they can get dirty. Dirty clothes are a sign that the child has had an opportunity to explore and play – in other words, learn important skills!

Children can think of things to do outside whatever the weather.

The right kind of clothing will help them to enjoy themselves in pouring rain as well as in frosty weather.

