

OWL Babies

is a 5 week **FREE** face to face course
for babies up to 6 months old

Outdoor experiences are vital for brain development.

The ever changing nature of outdoors is so important for babies as they learn and gain experience through their senses.

THE SKY IS THE LIMIT!!



***“THE BEST CLASSROOM AND THE RICHEST CUPBOARD
IS ROOFED ONLY BY THE SKY”***

Margaret McMillian

NATURE WILL NURTURE!

We recognise the role parents and carers have in a child's first education and through our sessions we encourage positive attachment and bonding.

During our OWL Babies courses families learn that outdoor adventures for babies support and enhance their baby's brain development and they will share with their baby the pleasure, delight and discovery of the great outdoors!

Nature supports a baby's full sensory development - what they see, hear and feel outdoors.

Babies use their whole body and whole self to explore, gain confidence and a sense of wellbeing.



In the first year of life a baby's brain doubles in size and with a baby's brain growing at such a rapid rate they haven't got time to wait for a fine sunny day. So, during this course we get outside whatever the weather. We support families to take advantage of what Nature can do for us all, through a 5 week journey of activities, videos and demonstrations.

With so much to hear and see outside Nature exercises a baby's brain and helps develop the memory needed to continue to use and keep brain cells.

These earliest experiences shape a baby's brain development and have a lifelong impact on their mental and emotional health.

Did you know?

Visual tracking of birds in the sky, planes flying overhead, the movement of leaves in the tree tops and looking at the edge of things helps the development of the brain connections needed for vision.

Myopia (short sightedness) is becoming more common and a protective factor of Myopia development is time spent outdoors.



DIRT AND THE BRAIN

Studies have shown dirt to be good for your brain!

There are types of bacteria that are naturally found in soil which activate the neurons that produce serotonin – a key chemical in many bodily functions, as well as a natural anti-depressant.

In other words, dirt can actually



MAKE YOU FEEL HAPPY!

Did You Know?

Even the very youngest baby responds to the feel of the breeze and the movement of light through leafy branches,

The very smallest patch of grass, a single tree, or A humble dandelion is supporting your baby's developing brain and bringing you and your baby closer together.

By the end of the course parents and carers will have:

- Discovered how being outside is an important tool in activating brain development
- Explored the principles of Five to Thrive and how the things you do every day help your baby's growing brain
- Discovered the benefits of engaging with nature and how it supports full sensory development
- Explored how a baby's brain grows and makes connections
- Developed their relationship and strengthened their attachment with their baby
- Explored how different ways of parenting can affect a baby's growing brain
- Understood the links between being outside and Vitamin D



Sunshine is delicious,
rain is refreshing,
wind braces us,
snow is exhilarating.



There is no such thing
as bad weather,
only different kinds
of good weather.

Your baby's body grows better when you feed them good food,
your baby's brain grows better when you do the five simple things that
feed a growing brain **Respond Cuddle Relax Play Talk** - [Five to Thrive](#)

OWL Babies is underpinned by the following publications, reports and research:

- [The 1001 Critical Days - cross party manifesto](#)
- [Five to Thrive – Kate Cairns Associates](#)
- Sue Gerhardt - Why Love Matters
- Margot Sunderland - What Every Parent Needs to Know
- Early Years Alliance Publications
 - [My Favourite Colour is Green](#)
 - [Reconnecting with Nature](#)
- Dr. Chris Lowry - Research at Bristol University and University College London, [Depressed? Go play in the dirt](#)
- Chris Hammond – Professor of Ophthalmology at Kings College, London has written various report and gave this [TED Talk](#)
- Conclusions reached in Royal Foundation of the Duke and Duchess of Cambridge report on [The State of the Nation: Understanding Public Attitudes to the Early Years](#)
- Here is a shorter example of the video, from Siren Films, families are shown during the course, [Babies Outdoors - Bobby Plays in the Garden](#)
- Blog post [The Special Nature of Outdoors](#) from our website
- In this video our families [give their feedback](#) about the course