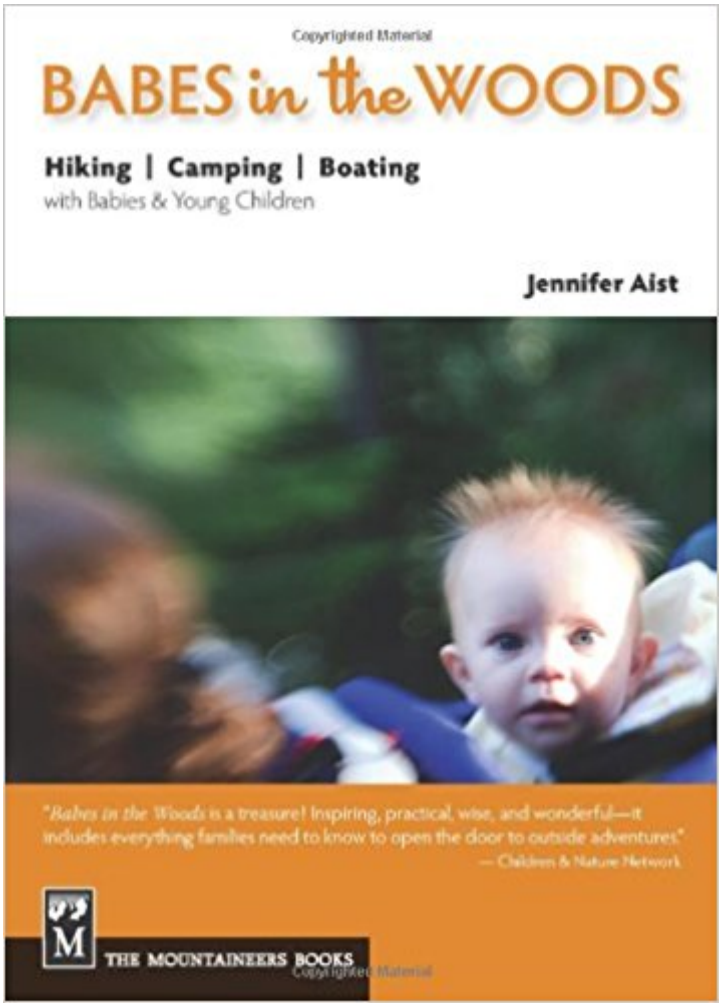
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Babes In The Woods: Hiking, Camping & Boating With Babies And Young Children



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Synopsis

There’s a lot of information out there about introducing school-age kids to the outdoors, but what about babies and toddlers? Author Jennifer Aist bridges that gap and shares her tried and tested advice for active new parents. Babes in the Woods introduces outdoorsy moms and dads to the joy and vigor of taking babies and toddlers into the woods at a very early age. Well-organized chapters offer functional solutions for appropriate gear, clothing, and food, nature games to play, and tips on potty breaks and sleeping outdoors--but most importantly, Aist explores all the reasons why introducing even the youngest of children to wilderness experiences is healthy, rewarding, and fun. Whether planning a short day hike, a car camping trip, a base camp adventure, or a backpacking excursion, Aist covers every season and climate, while confirming that babies are well-suited for the mountains, the water, and the adventures that lie beyond.

Book Information

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Customer Reviews

Babes in the Woods is a great resource for any parent or early-childhood educator who wants to open the door and explore wild places with kids. It s also perfect for urban and suburban parents: By reading this book, they will see that it really is possible to let their children fully experience nature through the backyard. What a gift for families and for our future! ---- Robin Dublin, Executive Director, Greenbelt Conservancy, Staten Island, NYBabes in the Woods is a treasure! Inspiring, practical, wise, and wonderful it includes everything families need to know to open the door to outside adventures. Starting young like this fosters children s healthy development cognitively, emotionally, and physically and creates a lifetime of memories your children and grandchildren will

cherish. -- --Cheryl Charles, Ph.D., President and CEO, Children & Nature Networkcomprehensive carry-along that has chapters on everything from toileting toddlers to protecting infants from insects to purchasing baby lifejackets. ----Women's Adventure Magazinefull of detailed information to ensure that you have fun and stay safe/healthy on your outdoor adventures with little ones. I enjoyed the author's gentle reminders of how durable kids are and which things parents shouldn't worry too much about. ----Outdoor Baby

JENNIFER AIST is founder and director of Providence Alaska Medical Center's parenting and childbirth education program, Parenting with Providence. She teaches classes on everything from breastfeeding to backpacking and conducts her signature "Babes in the Woods," "Babes in the Snow," and "Babes on the Water" classes every year. She has also consulted with the Alaska Department of Fish & Game on a preschool outdoor education curriculum. A graduate of the University of California, Davis, she lives in Anchorage, Alaska, with her husband and four children.

So, I'm writing this review a little prematurely, since I haven't finished the book just yet, but I have to say - I love it! The author provides great insight to camping with your kids and totally bestows the confidence you need to plan your first trip with your new addition. My husband I are avid backpackers and we just had our first child. Though we are seasoned campers, the idea of bringing our baby onto the trail is somewhat terrifying. Aside from the normal worries that plague every parent, the uncertainty of the woods only adds to it. That said Jennifer Aist has crafted a book that helps you organize yourself and reminds you it's all about getting back to nature.I would recommend this book to anyone seeking an adventure!!

I won't repeat all the praises already mentioned however, I do agree this is a great resource for active parents ready to continue their outdoorsy lifestyle with babies, toddlers, and kids in tow. Includes many tips and suggestions, broken down by age of child and activity type.My only two complaints are:1. the author is very specific to her home region in Alaska. If you are in a location with a very different climate, the points of reference are a bit more limiting.2. majority of the book does not focus on casual daytrips, so if your looking for step by step suggestions for the less experienced hiker, camper, etc... you would need to start with a book about the basics of camping or hiking first and use this book's tips as a supplimental resource.

As a grandparent who waited to take his own kids camping until they were over 6 or 7, this is the

book I wish we'd had to take them on the trails earlier. That's why I bought copies for my now adult daughters as a guide to get the most enjoyment with their young children. Babes in the Woods is organized like a handbook of practical information for parents or guardians. The extensive index has over 100 topics to help plan a rewarding outdoor family experience. The author's voice is a friendly, "you can do it" style. There are over 100 items in the index.Charts include no-fail recipes, choosing a child carrier, heat related issues, planning considerations. The Bibliography and Resources sections are also useful.Readers will appreciate the highlighted "Tips and Tricks" throughout the book covering topics such as safety, diapering, gear selection, sun hats, car camping, boating and yes, bugs. It's clear to see that Aist has lived her chapters with her own kids and wants to encourage others to get out and enjoy sharing the wonders of nature.I strongly recommend Babes in the Woods for families and (grandparents).

Great little book with useful tips/tricks! We loved it as a guideline for our first camping trips with our 5-month old and would recommend it to anybody wanting to do the same!

Great information! I wish it was a little more organized by age to find info more quickly but it's written as book not a reference guide. Pictures are a cute too!

My wife is an avid outdoors person. After finding out we were pregnant, we were worried about hiking and camping with a baby. This book provided some common sense insight, as well as out-of-the-box planning for camping/hiking with children of all ages, starting from birth to elementary school. A great resource for active parents!

Jennifer Aist has created a wonderful resource for enjoying the outdoors with kids. I was especially impressed with the section on children with special needs. This is an area that is frequently overlooked and Aist covered it well. "Including" kids with disabilities in outdoor activities is every bit as vital as including them in all other aspects of life. Kudos to Aist for being an advocate for ALL kids and providing the tools for successful outdoor experiences.

Again, this was a gift for the new baby family. they kept checking it out at the library, now they don't have to.

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