



Babes in the Woods: Hiking, Camping & Boating with Babies and Young Children

Jennifer Aist

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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.

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