

(Pdf free) Babes in the Woods: Hiking, Camping Boating with Babies and Young Children

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

Jennifer Aist

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BABES in the WOODS


Hiking | Camping | Boating

with Babies & Young Children

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#110432 in Books 2010-04-01 Original language: English PDF # 1 7.14 x .49 x 5.521, .43 #File Name: 1594853436176 pages | File size: 37.Mb

Jennifer Aist : Babes in the Woods: Hiking, Camping Boating with Babies and Young Children before purchasing it in order to gauge whether or not it would be worth my time, and all praised Babes in the Woods: Hiking, Camping Boating with Babies and Young Children:

1 of 1 people found the following review helpful. I can't get enough of this book! By Jessica Abbott 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!

8 of 8 people found the following review helpful. Good Resource but very specific to Northwest/ cold climates

By Honeybelles 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 supplemental resource.

1 of 1 people found the following review helpful. The Book I wish I'd had when our kids were toddlers

+By Bill Oliver 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).

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.

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, NY

Babes 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 Network

comprehensive carry-along that has chapters on everything from toileting toddlers to protecting infants from insects to purchasing baby lifejackets.

---- Women's Adventure Magazine

full 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

About the Author 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.