

## Research-based facts on the health benefits of nature:

- Nature promotes the health and wellbeing of mothers and families.
- Spending time in nature during pregnancy may promote the wellbeing of the unborn baby.
- Nature supports the child's immune system.
- Nature provides an excellent environment for learning.
- Motor skills develop in nature.
- Nature promotes the child's mental health and wellbeing.
- Nature relationship is built through interaction.

# Raised by Nature

Guidebook on the health benefits of nature during pregnancy and toddler years

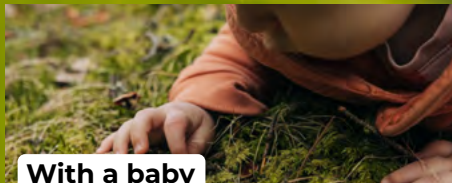


## Tips and ideas for families' nature exposure:



### When pregnant

- If possible, take advantage of green areas along your route when running errands. Select routes with trees and forest.
- Do small everyday routines outdoors if possible.



### With a baby

- Feel the bark, moss, sticks and cones together with the baby. Let the baby explore natural materials with their hands.
- Let the baby sit and crawl on the moss and lawn, also outside the blanket.



### With a toddler

- Gather (permitted) natural materials together and play with them.
- Take the toddler to the forest to walk and play, also off the trails.
- Care for and water the flowers and plants together.

Read the guidebook  
and more tips

[xamk.fi/raisedbynature](https://xamk.fi/raisedbynature)