Going for a Walk

Babies enjoy walks as much as grown-ups do. Even a walk around the block can be a fantastic trip for your baby. Every sight and sound provides a valuable learning experience.

**Ideas & Tips**

- Talk about the clothing your baby will wear on your walk. “Let’s put on a hat today.” “Do we need our boots? I think we do, it’s wet outside today.”
- Say hello to the letter carrier and other community helpers. This will teach speech patterns and how to interact with other people.
- Talk to your baby about what you see—street signs, traffic lights, houses, birds. Chatting while you walk helps build a strong vocabulary as baby grows.
- Puget Sound has lots of great beaches. Visit Owen Beach at Point Defiance Park.
- Chambers Bay has breathtaking views, paved trails and a playground.
- Don’t forget your own neighborhood—point out shops, cafes, gardens and your neighbors’ houses.

**More Books**

- **Big Dog and Little Dog Going for a Walk** by Dav Pilkey
- **Grumpy Bird** by Jeremy Tankard
- **I Went Walking** by Sue Williams
- **Say Hello** by Rachel Isadora
- **Wait** by Antoinette Portis

**Walking in Our Wellingtons**

Walking in our Wellingtons
Tramp, tramp, tramp
Marching in our Wellingtons
We won’t get damp.
Splashing through the puddles
In the rain, rain, rain
Splashing through the puddles
And splash home again

Note: “Wellingtons” are a type of pull-on, waterproof boots, useful for puddles!

Find more info, book suggestions and other activity sheets at babybooks.pcls.us

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