

# Getting Outdoors: Buggy Walks



As we emerge from Lockdown being able to get outdoors and meet other people is great for our wellbeing - particularly for mums and babies who haven't been able to access groups in the same ways as before. Here are some tips on joining or starting a Buggy walk in your local area.

## Why a Buggy Walk?

- Great way to meet other mums, chat and socialise.
- Share tips with other mums.
- Leaving the house, fresh air and exercise is good for lifting your mood.
- They are free.
- Meeting outdoors has limited COVID 19 risk.
- Get to know your local area better.
- Get fitter.

## Setting up a Buggy Walk

- Start a conversation, perhaps the local mummy and baby Facebook page. Ask the question: 'does anyone from this community fancy meeting for a buggy walk'?
- Plan a route, it does not have to be anything fancy. Somewhere with limited roads and a terrain suitable for most buggies/prams. Round the local park is usually a good place to start. Start small and build up over time.
- Agree a meeting point.
- Remember everyone will need to walk at their own pace, so do not rush on ahead, be mindful of the slowest walker.

- Dress for the weather, most buggies have rain covers so if you are dressed appropriately a walk can go ahead.
- Support each other, if a baby is unsettled and needs lifted for some comfort support the mum do not walk off and leave them.
- If another mum seems 'not OK', try to chat about whether they are getting support.
- An hour is usually a good amount of time, perhaps you want to bring a flask and have a cuppa and chat after the walk in the local park? Or when cafes reopen head for a cuppa and cake with the group.
- This can be a very relaxed informal walk or over time you might want to expand and create a formal group with a walk leader. The important thing is getting started and seeing where it may lead.

## Checklist

- Plan the route: where are you going, when and for how long.
- Be prepared for inclement weather, rain cover, jacket, sun cream, layers of clothes.
- Pack your usual changing bag, and bottle if using. Think about having a big jacket you can breastfeed under.
- Take a snack and water for yourself, or if you have a younger child going along too.
- Have a mobile phone available in the event of an emergency.
- Be welcoming, introduce new members to each other.
- Share mobile numbers or create a Facebook page to plan next week's walk.

For a video animation and Blog about Buggy walks, see here: [www.otbds.org/buggy-walks](http://www.otbds.org/buggy-walks)

