



# Hike it Baby Bring it Outside Gresham OR

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# HIKE IT BABY

## Family Hiking Series

Bring it Outside  
HIKE IT BABY



### Program Overview

Hike it Baby's *Bring it Outside Family Hiking Series* is a six-week program that provides a supportive and empowering group learning dynamic for parents from underrepresented communities to come together, connect to nature, ask questions, learn from our facilitators, and get outside hiking together as a family, and as a community.

- Each Bring it Outside (BiO) Series serves 30 families per location. We meet our families where they are, at easy-to-reach greenspaces near the neighborhoods where they live. Our facilitators are trusted community members selected for their experience and connections to the families we are serving.
- Each family receives a basic set of outdoor gear tailored to the ages and stages of their families, as well as a wealth of online resources and community groups to continue to support them in getting outside after the series has been completed.
- Our BiO series is fully bilingual (English/Spanish) and includes 3 full curricula that our facilitators deliver during weekly meetups. Each curriculum provides resources, tools, and guided activities appropriate to the age of the children (0-1yr, 1-3yrs, & 3-5yrs). Facilitators then lead the families on weekly hikes where they get to practice and apply what they are learning in real-time and in a supportive group environment.
- Our curriculum was developed in collaboration with Early Childhood Development specialists and weekly topics include:
  - why getting outside is good for you and your family
  - the developmental benefits of engaging in activities and sensory play with your children
  - babywearing, benefits, and carrier demos followed by a group hike to try different styles and ask questions
  - introductions to basics of environmental stewardship and conservation including Leave No Trace principles, learning about nearby nature and so much more!

We believe that it's never too early to start connecting children to nature, and that when you grow up spending time outside together as a family, you nurture a sense of belonging in those outdoor spaces, leading to a life benefiting from time spent outdoors, of exploration, and a deeper connection to our environment and wild spaces.



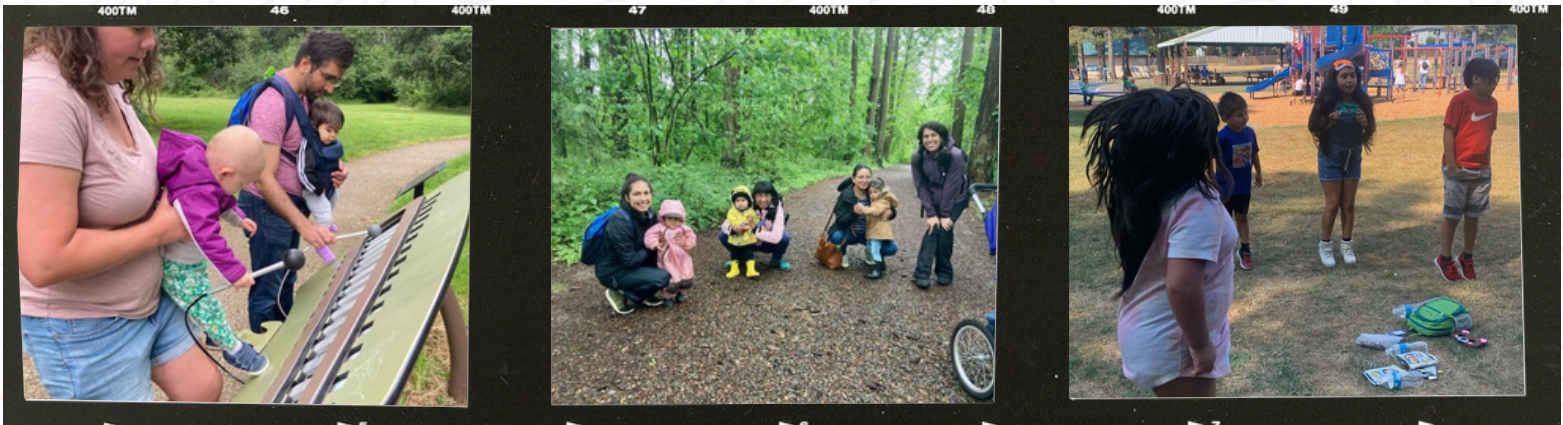
“Este tipo de programas son muy buenos para el desarrollo y crecimiento de nuestros niños y que aprendan a querer y respetar el entorno natural.”

“This type of program is very good for the development and growth of our children and for them to learn to love and respect the natural environment.”

## 2021 Series an Incredible Success!



Last year we received a generous grant from the Oregon Community Foundation that allowed us to develop run our first Bring it Outside Family Hiking Series. The series was an incredible success, reaching 60 families from underserved communities at two locations in Oregon. Each family received outdoor gear, bilingual resources, and participated in facilitated family group hikes over the course of six weeks. At the request of the participants, who were eager to continue enjoying the outdoors together, we also started a Spanish speaking HiB group and a new branch in a rural community. In 2022, we have high ambitions to expand this program in both the Portland-Metro and rural Oregon to serve even more families.



Through the Bring it Outside Program, we introduced and connected BIPOC, Immigrant & Refugee, and Latinx families to the public greenspaces near where they live, providing that first step out hiking as a family in a supportive group environment, with the larger goal of continuing outdoor exploration and increased diversity of those who enjoy Oregon's recreational spaces.





Families were provided gear and immersive workshops in Nadaka Nature Park, a high equity location in Gresham's Rockwood Neighborhood. We also created and distributed a park guide for the Latinx community in the Portland area. (Hike it Baby Portland Story Map)

At the end of our workshop programming, we hosted a family festival and invited several community partners to join us in creating a welcoming and inclusive day outside. Program participants from the Latinx, Greater Middle Eastern, and Gresham community joined us.



# HIKE IT BABY BRING IT OUTSIDE NADAKA NATURE PARK

100%

Families felt the gear, activity, and resources were useful to their family and built confidence in getting outside.

Would like to continue to connect to Hike it Baby programming in the future.

83%



Overall, with our second go through of this program in the Portland Metro area, we found that the materials provided being relevant to the parks, as well as the culture of the family is important. The built-in flexibility in our programming allowed for us to pivot to better serve immigrant communities and foster a brand new partnership with IRCO. We are very excited to further explore our connection with IRCO (Immigrant and Refugee Community Organization) and support incoming refugees in the Portland Metro area and beyond.

# Resources

## Hike it Baby Portland Story Map

**HIKE IT BABY** LA NIÑEZ ES UNA AVENTURA, TRAE LA AFUERA

Google Translate

**OXBOW REGIONAL PARK**  
¡Oxbow Regional Park tiene muchas actividades divertidas para hacer en familia! Desde caminatas a L...

**SALISH PONDS WETLANDS**  
Perfecto para una caminata vespertina o matutina, Salish Ponds Wetlands ofrece senderos llanos, fáciles...

**WAPATO ACCESS GREENWAY**  
¡Sal de la ciudad y ven a la isla de Sauvie! Wapato Access Greenway es un paseo encantador y fácil...

**HOYT ARBORETUM**  
¡Elige tu propia aventura en el Arboretum! ¡Hay muchos senderos para elegir mientras exploras los árboles...

**OAKS BOTTOM WILDLIFE REFUGE**

Spanish Activity Guide

Facilitator Curriculum Guide

English Activity Guide

