

# Planning Your Own Pram Walking Group



With a new little one in your life, it can be especially difficult to get yourself organised enough to go out with your baby, even if all you plan to do is to take a stroll around the block. This is one of the many reasons mums and dads often join a **pram walking group**.

From getting some fresh air and exercise, to **meeting new friends and socialising with current ones**, a pram walking group is a great way to improve your health both mentally and physically.

## How To Organise Your Own Pram Walking Group

Often local community centres will have **pram walking groups** which mums and dads can join. But if you do not have this opportunity available in your area or are determined to create your own group, there are a few things you will need to get in order.



## Plan The Basics

Before you begin to promote your walking group, consider details such as:

- A time which will accommodate most walkers (some parents may have children in preschool or school)
- The time of year (it is unlikely you will get many walkers out and about at noon in the middle of summer)
- A route which is a suitable distance (you do not want to plan a route which is too long or too short), is safe, and is accessible by public transport

## Promoting The Group

Start off by sharing the news about your pram walking group two to three weeks in advance with many different groups, including the local community centre, the local Maternal and Child Health Nurse, playgroup coordinators, and local kindergartens.

Many libraries and shopping centres allow you to tack up posters for free. You can also spread the word on social media and place a free ad under the “Community Notice” section of the local newspaper.

## Notify Walkers What To Bring And Wear

All members of the group should have a bottle of water, suitable walking shoes, and dress in layers. Mums who are breastfeeding can easily layer themselves in a colourful **Peachymama tank top**, one of our long sleeved tees, and a jacket. Not only will this make it easy for you to stay cool and comfortable during your walk, but you can discreetly feed your bub at some point during the walk.

Want to scoop up some great **breastfeeding tops** and **dresses** at an unbelievable price? Check out our mid-year **sale**!