

Balanced And Barefoot How Unrestricted Outdoor Play Makes For Strong Confident And Capable Children

Get ready to go out and play... Based on the author's acclaimed Integrated Outdoor Program, *Let Them Be Eaten by Bears* is Peter Hoffmeister's inspiring guide to helping kids enjoy nature and appreciate the great outdoors. Drawing from his personal and professional background as an educator, guide, writer, and father, and focusing on fun rather than fear, Hoffmeister offers an approachable, fun reintroduction to hiking, camping, and all-around exploring that will help parents and kids alike feel empowered and capable. Whether you're a veteran outdoorsperson, a first-time hiker, or anything in between, get ready to put on your sneakers, turn off your video games, and rediscover the simple, powerful joy of going out to play.

Screenwise offers a realistic and optimistic perspective on how to thoughtfully guide kids in the digital age. Many parents feel that their kids are addicted, detached, or distracted because of their digital devices. Media expert Devorah Heitner, however, believes that technology offers huge potential to our children-if parents help them. Using the foundation of their own values and experiences, parents and educators can learn about the digital world to help set kids up for a lifetime of success in a world fueled by technology. *Screenwise* is a guide to understanding more about what it is like for children to grow up with technology, and to recognizing the special challenges-and advantages-that contemporary kids and teens experience thanks to this level of connection. In it, Heitner presents practical parenting "hacks": quick ideas that you can implement today that will help you understand and relate to your digital native. The book will empower parents to recognize that the wisdom that they have gained throughout their lives is a relevant and urgently needed supplement to their kid's digital savvy, and help them develop skills for managing the new challenges of parenting. Based on real-life stories from other parents and Heitner's wealth of knowledge on the subject, *Screenwise* teaches parents what they need to know in order to raise responsible digital citizens.

This classic text is a comprehensive guide for prospective and actual adoptive parents on how to understand and care for their adopted child and promote healthy attachment. It explains what attachment is and provides parenting techniques matched to children's emotional needs and stages to enhance children's happiness and emotional health.

In this important book, a pediatric occupational therapist and founder of TimberNook shows how outdoor play and unstructured freedom of movement are vital for children's cognitive development and growth, and offers tons of fun, engaging ways to help ensure that kids grow into healthy, balanced, and resilient adults. Today's kids have adopted sedentary lifestyles filled with television, video games, and computer screens. But more and more, studies show that children need "rough and tumble" outdoor play in order to develop their sensory, motor, and executive functions. Disturbingly, a lack of movement has been shown to lead to a number of health and cognitive difficulties, such as attention deficit/hyperactivity disorder (ADHD), emotion regulation and sensory processing issues, and aggressiveness at school recess break. So, how can you ensure your child is fully engaging their body, mind, and all of their senses? Using the same philosophy that lies at the heart of her popular TimberNook program—that nature is the ultimate sensory experience, and that psychological and physical health improves for children when they spend time outside on a regular basis—author Angela Hanscom offers several strategies to help your child thrive, even if you live in an urban environment. Today it is rare to find children rolling down hills, climbing trees, or spinning in circles just for fun. We've taken away merry-go-rounds, shortened the length of swings, and done away with teeter-totters to keep children safe. Children have fewer opportunities for unstructured outdoor play than ever before, and recess times at school are shrinking due to demanding educational environments. With this book, you'll discover little things you can do anytime, anywhere to help your kids achieve the movement they need to be happy and healthy in mind, body, and spirit.

Learn to raise independent, can-do kids with a new edition of the book that started a movement In the newly revised and expanded Second Edition of *Free-Range Kids*, New York columnist-turned-movement leader Lenore Skenazy delivers a compelling and entertaining look at how we got so worried about everything our kids do, see, eat, read, wear, watch and lick -- and how to bid a whole lot of that anxiety goodbye. With real-world examples, advice, and a gimlet-eyed look at the way our culture forces fear down our throats, Skenazy describes how parents and educators can step back so kids step up. Positive change is faster, easier and a lot more fun than you'd believe. This is the book that has helped millions of American parents feel brave and optimistic again – and the same goes for their kids. Using research, humor, and feisty common sense, the book shows: How parents can reject the media message, "Your child is in horrible danger!" How schools can give students more independence -- and what happens when they do. (Hint: Teachers love it.) How everyone can relax and successfully navigate a judge-y world filled with way too many warnings, scolds and brand new fears Perfect for parents and guardians of children of all ages, *Free-Range Kids* will also earn a place in the libraries of K-12 educators who want their students to blossom with newfound confidence and cheer.

Bringing Up Bébé meets *Last Child in the Woods* in this "fascinating exploration of the importance of the outdoors to childhood development" (Kirkus Reviews) from a Swedish-American mother who sets out to discover if the nature-centric parenting philosophy of her native Scandinavia holds the key to healthier, happier lives for her American children. Could the Scandinavian philosophy of "There's no such thing as bad weather, only bad clothes" hold the key to happier, healthier lives for American children? When Swedish-born Linda Åkeson McGurk moved to Indiana, she quickly learned that the nature-centric parenting philosophies of her native Scandinavia were not the norm. In Sweden, children play outdoors year-round, regardless of the weather, and letting babies nap outside in freezing temperatures is common and recommended by physicians. Preschoolers spend their days climbing trees, catching frogs, and learning to compost, and environmental education is a key part of the public-school curriculum. In the US, McGurk found the playgrounds deserted, and preschoolers were getting drilled on academics with little time for free play in nature. And when a swimming outing at a nearby creek ended with a fine from a park officer, McGurk realized that the parenting philosophies of her native country and her adopted homeland were worlds apart. Struggling to decide what was best for her family, McGurk embarked on a six-month journey to Sweden with her two daughters to see how their lives would change in a place where spending time in nature is considered essential to a good childhood. Insightful and lively, *There's No Such Thing as Bad Weather* is a fascinating personal narrative that illustrates how Scandinavian culture could hold the key to raising healthy, resilient, and confident children in America.

Young children have a limited understanding of the risks surrounding them: they fall over, bang their heads, scrape their knees and worse. Parents and practitioners can try to create a risk-free environment, but this can reduce children's chances to learn about risk and how to judge new situations. This bestselling guide shows how adults can share their own skills with young children to promote understanding of safety in a stimulating way. It covers key areas such as: putting risk into perspective; how children learn to take care of themselves; supporting children after accidents and avoiding preventable accidents; and working in partnership with parents. This second edition has been fully updated to reflect current practice, featuring new material on risk-benefit analysis and the importance of outdoor experiences. *Too Safe for Their Own Good?* will support any practitioner working with children under the age of 8 with the guidance they need to offer enough challenge to benefit children, and to avoid over-protection or careless practice.

Goodbye Phone, Hello World features 65 bite-size, device-free activities scientifically proven to promote true happiness. With wit, wisdom, and warmth, bestselling author Paul Greenberg presents practices for connection, mindfulness, conversation, creativity, and well-being. Reconnect to life's enduring pleasures: friendship, family, romance, laughter, food, books, music, sleep, nature, art, and so much more. • Teaches tricks to cut down on phone use—the average person spends 1,400 hours per year on their phone • Filled with colorful, meditative artwork throughout For anyone who needs a break from their

device, Goodbye Phone, Hello World is a rousing call to reclaim the precious hours lost to screen time. • This book is for anyone who wants to do a digital detox, challenge their dependency on their phone, and seek out true connections. • Author Paul Greenberg is a New York Times bestselling author and the winner of the James Beard Award for Writing and Literature. • Perfect book for anyone who claims to be addicted to their phone • You'll love this book if you love books like 12 Ways Your Phone Is Changing You by Tony Reinke. How to Break Up with Your Phone: The 30-Day Plan to Take Back Your Life by Catherine Price, and Off: Your Digital Detox for a Better Life by Tanya Goodin.

"Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early education has reached a point of crisis . . . her book is a rare thing: a serious work of research that also happens to be well-written and personal . . . engaging and important." --Washington Post "What kids need from grown-ups (but aren't getting)...an impassioned plea for educators and parents to put down the worksheets and flash cards, ditch the tired craft projects (yes, you, Thanksgiving Handprint Turkey) and exotic vocabulary lessons, and double-down on one, simple word: play." --NPR The New York Times bestseller that provides a bold challenge to the conventional wisdom about early childhood, with a pragmatic program to encourage parents and teachers to rethink how and where young children learn best by taking the child's eye view of the learning environment To a four-year-old watching bulldozers at a construction site or chasing butterflies in flight, the world is awash with promise. Little children come into the world hardwired to learn in virtually any setting and about any matter. Yet in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons and suspect metrics that too often undervalue a child's intelligence while overtaxing the child's growing brain. These mismatched expectations wreak havoc on the family: parents fear that if they choose the "wrong" program, their child won't get into the "right" college. But Yale early childhood expert Erika Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our children's future seems to have reached a fever pitch at a time when, ironically, science gives us more certainty than ever before that young children are exceptionally strong thinkers. In her pathbreaking book, Christakis explains what it's like to be a young child in America today, in a world designed by and for adults, where we have confused schooling with learning. She offers real-life solutions to real-life issues, with nuance and direction that takes us far beyond the usual prescriptions for fewer tests, more play. She looks at children's use of language, their artistic expressions, the way their imaginations grow, and how they build deep emotional bonds to stretch the boundaries of their small worlds. Rather than clutter their worlds with more and more stuff, sometimes the wisest course for us is to learn how to get out of their way. Christakis's message is energizing and reassuring: young children are inherently powerful, and they (and their parents) will flourish when we learn new ways of restoring the vital early learning environment to one that is best suited to the littlest learners. This bold and pragmatic challenge to the conventional wisdom peels back the mystery of childhood, revealing a place that's rich with possibility.

A leading expert in childhood development makes the case for why self-directed learning -- "unschooling" -- is the best way to get kids to learn. In Free to Learn, developmental psychologist Peter Gray argues that in order to foster children who will thrive in today's constantly changing world, we must entrust them to steer their own learning and development. Drawing on evidence from anthropology, psychology, and history, he demonstrates that free play is the primary means by which children learn to control their lives, solve problems, get along with peers, and become emotionally resilient. A brave, counterintuitive proposal for freeing our children from the shackles of the curiosity-killing institution we call school, Free to Learn suggests that it's time to stop asking what's wrong with our children, and start asking what's wrong with the system. It shows how we can act -- both as parents and as members of society -- to improve children's lives and to promote their happiness and learning.

The Book That Launched an International Movement "An absolute must-read for parents." —The Boston Globe "It rivals Rachel Carson's Silent Spring." —The Cincinnati Enquirer "I like to play indoors better 'cause that's where all the electrical outlets are," reports a fourth grader. But it's not only computers, television, and video games that are keeping kids inside. It's also their parents' fears of traffic, strangers, Lyme disease, and West Nile virus; their schools' emphasis on more and more homework; their structured schedules; and their lack of access to natural areas. Local governments, neighborhood associations, and even organizations devoted to the outdoors are placing legal and regulatory constraints on many wild spaces, sometimes making natural play a crime. As children's connections to nature diminish and the social, psychological, and spiritual implications become apparent, new research shows that nature can offer powerful therapy for such maladies as depression, obesity, and attention deficit disorder. Environment-based education dramatically improves standardized test scores and grade-point averages and develops skills in problem solving, critical thinking, and decision making. Anecdotal evidence strongly suggests that childhood experiences in nature stimulate creativity. In Last Child in the Woods, Louv talks with parents, children, teachers, scientists, religious leaders, child-development researchers, and environmentalists who recognize the threat and offer solutions. Louv shows us an alternative future, one in which parents help their kids experience the natural world more deeply—and find the joy of family connectedness in the process. Now includes A Field Guide with 100 Practical Actions We Can Take Discussion Points for Book Groups, Classrooms, and Communities Additional Notes by the Author New and Updated Research from the U.S. and Abroad Richard Louv's new book, Our Wild Calling, is available now.

Examines the dangers that parents fear for their children and offers advice on how to raise safe, independent children.

Today's kids have adopted sedentary lifestyles filled with television, video games, and computer screens. But more and more, studies show that children need rough and tumble outdoor play in order to develop their sensory, motor, and executive functions. In this important book, a pediatric occupational therapist explains why unrestrained movement and outdoor play are "vital" for children's cognitive development, and offers fun, engaging activities to help ensure that kids grow into healthy, balanced, and resilient adults."

Outlines a four-step program for decluttering a home, increasing a child's sense of security, scheduling down time, and instilling calmness in the face of hectic environments.

Do you want to create exciting outdoor experiences for children? Are you looking for guidance on how to incorporate the wilder and riskier elements of outdoor play into your planning? This book will give you the confidence to offer the children in your setting adventurous and challenging outdoor activities, as well as ways to utilize natural resources to their best advantage. There is clear, practical advice on what you need to do, which is underpinned by the theory that supports the benefits of this approach. Examples from settings are included, to illustrate best practice and to show how things can be achieved. Issues considered include: - being outside in 'bad' weather - the importance of risk-taking - the benefits of rough and tumble play - observing and assessing children in this mode - how these experiences improve children's learning - explaining activities to parents, colleagues and managers - ensuring health and safety requirements are met - the role of the adult in facilitating these experiences. Suitable for all students and practitioners working with young children from Birth to 8, this book will not only give you ideas for outdoor play but also help you understand exactly what you are doing, why it is educationally sound and developmentally important for children, and where it connects with the Early Years Foundation Stage (EYFS) in England, the Foundation Phase (FP) in Wales and the Curriculum for Excellence in Scotland. Sara Knight is an experienced early years educator and Senior Lecturer at Anglia Ruskin University. She is a trained Forest School practitioner and author of Forest Schools and Outdoor Learning in the Early Years.

Study on the neural basis of learning kinesiology.

I Love Dirt! presents 52 open-ended activities to help you engage your child in the outdoors. No matter what your location—from a small patch of green in the city to the wide-open meadows of

the country—each activity is meant to promote exploration, stimulate imagination, and heighten a child's sense of wonder. Jennifer Ward is the author of numerous acclaimed parenting books and books for children, inspired by nature. "Jennifer Ward has created a book that will serve to gently introduce parents to nature, even as parents are using it to help guide a child into the natural world. Children—and parents—learn to observe, as well as appreciate, the basic joys of getting their hands dirty and feet wet. Discoveres become shared experience."—from the foreword by Richard Louv

More games, crafts and skills Forest School style, building on the success of *Play the Forest School Way*. This book is organized by season to encourage kids to get outdoors come rain, shine or snow! Following on from the bestselling *Play the Forest School Way*, here is a brilliant selection of brand-new games, crafts and activities to get kids developing new skills and exploring the natural world all year round. Structured around the four seasons of the year, each chapter is packed full of step-by-step Forest School games and activities that harmonize with the weather and what's happening in nature at that time of year, with a nod to seasonal festivals such as Easter and Christmas. In spring, for example, you could make a mud birthday cake to celebrate Earth Day on 22 April, or (inspired by bird song) craft sistrums from sticks and bottle tops, or make a clay hare and enjoy dandelion tea and a chocolate egg hunt at a spring day out. At Forest School, children return to the same location again and again, building a lasting connection with a specific part of the natural world, and this book in its year-round approach will bring this aspect of Forest School play to the fore. Each of the four seasonal chapters includes a description of an extended session (combining active and quieter activities plus, for some, an idea for foraging/cooking) to guide Forest School leaders planning themed days and parents looking for party inspiration or nature days out. The Forest School ethos of nature-based play and learning that encourages children to develop confidence, self-esteem and emotional intelligence is exactly what's needed in an era when childhood problems such as obesity and anxiety are on the rise. Woven through the year are stories from the authors' own Forest School classes, as they make a passionate case for the importance of ensuring children's access to nature and the incredible benefits they will gain from being outside, even in the heart of a city.

A trailblazing environmental educator raised his children in the heart of nature. His story shows other parents how they can counter today's pervasive "nature deficit." Updated with new essays. When David Sobel's children, Tara and Eli, were toddlers, he set out to integrate a wide range of nature experiences into their family life, play, and story telling. Blending his passion as a parent with his professional expertise, he created adventures tailored to their developmental stages: cultivating empathy with animals in early childhood, exploring the woods in middle childhood, and devising rites of passage in adolescence. *Wild Play* is Sobel's vivid and moving memoir of their journey and an inspiring guide for all parents who seek to help their children bond with the natural world. Through this family's experiences, we observe how free play in nature hones a sense of wonder, provides healthy challenges, and nurtures earth stewardship. "Parents need to support kids' access to independent outdoor play," says Sobel. "Of course they should use judgment, but the benefits outweigh the risks." Richard Louv's *Last Child in the Woods* identified the urgent problem of "nature deficit" in today's children, sounding the alarm for parents, educators, and policy-makers. *Wild Play* is a hopeful response, offering families myriad ways to blaze their own trails.

What if you got outside every day, and what if you could get your kids to come along? It sounds modest, but the effects, as dynamic outdoor spokesperson Rebecca Cohen herself can testify, are profound. This inspiring collection of activities gives families an idea for every day of the year, requiring little planning, no expertise and relatively little resources (time, cash, or patience!), no matter where they live. Simple and inspiring, this book is bursting with hundreds of easy ways to get your family out into nature a little bit every day.

Presents a collection of essays combining anecdotal and theoretical insights into environmental ethics and human ecology to help foster environmentally responsible students.

From the author of the New York Times bestseller that defined nature-deficit disorder and launched the international children-and-nature movement, *Vitamin N* (for "nature") is a complete prescription for connecting with the power and joy of the natural world right now, with 500 activities for children and adults. Dozens of inspiring and thought-provoking essays. Scores of informational websites. Down-to-earth advice. In his landmark work *Last Child in the Woods*, Richard Louv was the first to bring widespread attention to the alienation of children from the natural world, coining the term nature-deficit disorder and outlining the benefits of a strong nature connection--from boosting mental acuity and creativity to reducing obesity and depression, from promoting health and wellness to simply having fun. That book "rivalled Rachel Carson's *Silent Spring*" (the *Cincinnati Enquirer*), was "an absolute must-read for parents" (the *Boston Globe*), and "an inch-thick caution against raising the fully automated child" (the *New York Times*). His follow-up book, *The Nature Principle*, addressed the needs of adults and outlined a "new nature movement and its potential to improve the lives of all people no matter where they live" (McClatchy Newspapers). *Vitamin N* is a one-of-a-kind, comprehensive, and practical guidebook for the whole family and the wider community, including tips not only for parents eager to share nature with their kids but also for those seeking nature-smart schools, medical professionals, and even careers. It is a dose of pure inspiration, reminding us that looking up at the stars or taking a walk in the woods is as exhilarating as it is essential, at any age. Richard Louv's new book, *Our Wild Calling*, is available now.

The beloved host of PBS Kids' *Dinosaur Train* presents an activity-complemented guide for caregivers and teachers on how to alleviate common childhood challenges by forging strong connections between children and nature. 25,000 first printing.

"A magnificent resource for transforming backyards into stimulating environments which enhance children's creativity, learning, and fun." —Richard Louv, author of *Last Child in the Woods*, *The Nature Principle*, and *Vitamin N* Access to technology has created a generation of children who are more plugged in than ever before—often with negative consequences. Unrestricted outdoor play reduces stress, improves health, and enhances creativity, learning, and attention span. In *Nature Play at Home*, Nancy Striniste gives you the tools you need to make outdoor adventures possible in your yard, school, and neighborhood. With hundreds of inspiring ideas and 12 illustrated, step-by-step projects, this hardworking book details how to create playspaces that use natural materials—like logs, boulders, sand, water, and plants of all kinds. Projects include hillside slides, seating circles, sand pits, and more.

What if your lack of mobility isn't due to your age, but simply the number of years you haven't been moving well? *Dynamic Aging* presents a new paradigm in senior fitness: your age isn't responsible for your lack of mobility; your habits are! In this powerful and effective guide to moving better, geared specifically for those 50-plus, biomechanist and

movement teacher Katy Bowman details how readers can regain their balance, maintain their ability to drive, keep their feet healthy and functional, and regain mobility and reduce pain throughout their bodies. Bowman's exercises are straightforward, require no special equipment, and include modifications for readers of all fitness levels. To combat the idea of being 'too old' to make great improvements, *Dynamic Aging* is filled with stories and advice from four septuagenarians who have been following Bowman's program for a decade, avoiding surgeries, eliminating pain, and regaining freedom and ease in their bodies they thought they had lost permanently to "old age." From hiking mountains to climbing ladders and walking on cobblestones with ease, each of these women embodies the book's message: No matter where you're starting, if you change how you move, you can change how you feel.

Jump-start curiosity with this take-along field guide for children ages 4 and up. From worms, birds, and spiders to trees, flowers, and clouds, young explorers learn what to look and listen for wherever they are — whether in a nature preserve, an urban park, or a suburban backyard. Seek-and-find lists, on-the-trail art projects, and discovery games get kids engaged in hands-on learning about nature, and a real pull-out magnifying glass helps them get a close-up glimpse of leaf veins, seed pods, and tiny insects. Filled with activities, checklists, and stickers, this interactive nature guide belongs in every kid's backpack.

Klein argues that adult success is often established in the developmental preschool years. She shares advice for parents on how to promote such success-driving positive attributes as resilience, self-regulation, and empathy.

"A must-read . . . Takes you inside a child's gut and shows you how to give kids the best immune start early in life." —William Sears, MD, coauthor of *The Baby Book* Like the culture-changing *Last Child in the Woods*, here is the first parenting book to apply the latest cutting-edge scientific research about the human microbiome to the way we raise our children. In the two hundred years since we discovered that microbes cause infectious diseases, we've battled to keep them at bay. But a recent explosion of scientific knowledge has led to undeniable evidence that early exposure to these organisms is beneficial to a child's well-being. Our modern lifestyle, with its emphasis on hyper-cleanliness, is taking a toll on children's lifelong health. In this engaging and important book, microbiologists Brett Finlay and Marie-Claire Arrieta explain how the trillions of microbes that live in and on our bodies influence childhood development; why an imbalance of those microbes can lead to obesity, diabetes, and asthma, among other chronic conditions; and what parents can do—from conception on—to positively affect their own behaviors and those of their children. They describe how natural childbirth, breastfeeding, and solid foods influence children's microbiota. They also offer practical advice on matters such as whether to sterilize food implements for babies, the use of antibiotics, the safety of vaccines, and why having pets is a good idea. Forward-thinking and revelatory, *Let Them Eat Dirt* is an essential book in helping us to nurture stronger, more resilient, happy, and healthy kids.

A developmental psychologist argues that children who are freed to follow their own interests through self-directed play will become better learners and achievers than the way they learn in modern school, which he says shows them that learning is work and not fun. 15,000 first printing.

French Kids Eat Everything is a wonderfully wry account of how Karen Le Billon was able to alter her children's deep-rooted, decidedly unhealthy North American eating habits while they were all living in France. At once a memoir, a cookbook, a how-to handbook, and a delightful exploration of how the French manage to feed children without endless battles and struggles with pickiness, *French Kids Eat Everything* features recipes, practical tips, and ten easy-to-follow rules for raising happy and healthy young eaters—a sort of *French Women Don't Get Fat* meets *Food Rules*.

When it comes to parenting, sometimes you have to trust your gut. With her first book, *It's OK Not to Share*, Heather Shumaker overturned all the conventional rules of parenting with her "renegade rules" for raising competent and compassionate kids. In *It's Ok To Go Up the Slide*, Shumaker takes on new hot-button issues with renegade rules such as: - Recess Is A Right - It's Ok Not To Kiss Grandma - Ban Homework in Elementary School - Safety Second - Don't Force Participation Shumaker also offers broader guidance on how parents can control their own fears and move from an overscheduled life to one of more free play. Parenting can too often be reduced to shuttling kids between enrichment classes, but Shumaker challenges parents to reevaluate how they're spending their precious family time. This book helps parents help their kids develop important life skills in an age-appropriate way. Most important, parents must model these skills, whether it's technology use, confronting conflict, or coping emotionally with setbacks. Sometimes being a good parent means breaking all the rules.

What is the difference between 'risk' and 'danger'? What can children learn from taking risks? How can you provide key experiences for children and ensure their safety outdoors? Young children will naturally seek out challenges and take risks and this is crucial to their overall development. This book clearly explains why children should be given the freedom to take risks and provides practical guidance on how to offer stimulating and challenging outdoor experiences that will extend all areas of children's learning.

Including examples of activities for all weather conditions across all areas of learning, the book covers: The pedagogical history of adventure, risk and challenge Health, wellbeing and keeping safe The adult role Risk assessment Supporting individual children with different needs Environments that enable challenging and adventurous play Working with parents and addressing concerns Observation, planning and assessment This book is essential reading for practitioners and students that wish to provide rich experiences for children that will enable them to become confident and adventurous learners.

"Angela Hanscom is a powerful voice for balance." —Richard Louv, author of *Last Child in the Woods* In this important book, a pediatric occupational therapist and founder of TimberNook shows how outdoor

play and unstructured freedom of movement are vital for children's cognitive development and growth, and offers tons of fun, engaging ways to help ensure that kids grow into healthy, balanced, and resilient adults. Today's kids have adopted sedentary lifestyles filled with television, video games, and computer screens. But more and more, studies show that children need "rough and tumble" outdoor play in order to develop their sensory, motor, and executive functions. Disturbingly, a lack of movement has been shown to lead to a number of health and cognitive difficulties, such as attention deficit/hyperactivity disorder (ADHD), emotion regulation and sensory processing issues, and aggressiveness at school recess break. So, how can you ensure your child is fully engaging their body, mind, and all of their senses? Using the same philosophy that lies at the heart of her popular TimberNook program—that nature is the ultimate sensory experience, and that psychological and physical health improves for children when they spend time outside on a regular basis—author Angela Hanscom offers several strategies to help your child thrive, even if you live in an urban environment. Today it is rare to find children rolling down hills, climbing trees, or spinning in circles just for fun. We've taken away merry-go-rounds, shortened the length of swings, and done away with teeter-totters to keep children safe. Children have fewer opportunities for unstructured outdoor play than ever before, and recess times at school are shrinking due to demanding educational environments. With this book, you'll discover little things you can do anytime, anywhere to help your kids achieve the movement they need to be happy and healthy in mind, body, and spirit.

Take advantage of nature's therapeutic benefits with this guide for counselors, therapists, and educators who work with children, youth, and families. The number of people seeking help for a wide range of mental health concerns is growing at an alarming rate. Unplugging from technology and reconnecting with the web of life is a powerful antidote to the anxiety and stress that tend to exacerbate so many of our mental health struggles. Nature-Based Therapy addresses the underlying disconnection between humans and their ecological home, exploring theories and therapeutic practices designed for children, youth, and families, including: Developing sensory awareness of outer and inner landscapes Navigating risk in play Case examples with a diverse range of settings, intentions, and interventions

Balanced and Barefoot How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children New Harbinger Publications

We're in the midst of a parenting climate that feeds on more. More expert advice, more gear, more fear about competition and safety, and more choices to make about education, nutrition, even entertainment. The result? Overwhelmed, confused parents and overscheduled, overparented kids. In MINIMALIST PARENTING, Christine Koh and Asha Dornfest offer a fresh approach to navigating all of this conflicting background "noise." They show how to tune into your family's unique values and priorities and confidently identify the activities, stuff, information, and people that truly merit space in your life. The book begins by showing the value of a minimalist approach, backed by the authors' personal experience practicing it. It then leads parents through practical strategies for managing time, decluttering the home space, simplifying mealtimes, streamlining recreation, and prioritizing self-care. Filled with parents' personal stories, readers will come away with a unique plan for a simpler life.

Discover why playing is school readiness with this updated guide. Timely research and new stories highlight how play is vital to the social, physical, cognitive, and spiritual development of children. Learn the seven meaningful experiences we should provide children with every day and why they are so important.

Allow your children to experience the adventure, freedom, and wonder of childhood with this practical guide that provides all the information, inspiration, and advice you need for creating a modern, quality homeschool education. Inspired by the spirit of Henry David Thoreau—"All good things are wild and free"—mother of five Ainsley Arment founded Wild + Free. This growing online community of mothers and families want their children to receive a quality education at home by challenging their intellectual abilities and nurturing their sense of curiosity, joy and awe—the essence of a positive childhood. The homeschool approach of past generations is gone—including the stigma of socially awkward kids, conservative clothes, and a classroom setting replicated in the home. The Wild + Free movement is focused on a love of nature, reading great books, pursuing interests and hobbies, making the entire world a classroom, and prolonging the wonder of childhood, an appealing philosophy that is unpacked in the pages of this book The Call of the Wild and Free offers advice, information, and positive encouragement for parents considering homeschooling, those currently in the trenches looking for inspiration, as well as parents, educators, and caregivers who want supplementary resources to enhance their kids' traditional educations.

Creating Sensory Smart Classrooms introduces educators to the foundations of sensory processing and offers tools to meet the wide variety of sensory needs in each classroom. This comprehensive handbook helps readers understand the neurobiology behind sensory processing and regulation issues, recognize when a student is over- or under-stimulated, and integrate different sensory inputs into the school environment. Practical and accessible chapters foster an understanding of how sensory processing influences behaviors in the classroom and how protective relationships, combined with sensory strategies, positively influence students' regulation for improved learning outcomes. Packed with useful examples, this is essential reading for teachers looking to develop the knowledge and skills they need to design sensory smart environments that support ALL learners.

"Am I black or white or am I American?" "Why don't my eyes look like yours?" "Why do people always call attention to my 'different' hair?" Helping a child understand his mixed racial background can be daunting, especially when, whether out of honest appreciation or mean-spiritedness, peers and strangers alike perceive their features to be "other." Drawing on psychological research and input from over fifty multiracial families, Does Anybody Else Look Like Me? addresses the special questions and concerns facing these families, explaining how we can best prepare multiracial children of all ages to make their way confidently in our color-conscious world. From the books and toys to use in play with young children, to advice on guiding older children toward an unflappable sense of self, Does Anybody Else Look Like Me? is the first book to outline for parents how, exactly, to deflect the objectifying attention multiracial children receive. Full of powerful stories and counsel, it is sure to become the book adoptive and birth parents of different races alike will look to for understanding as they strive to raise their children in a changing world.

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