

Tips for Parents

With a deepening awareness of nature, we develop the vital understanding of our place in this world. This awareness, for our children, comes when we as adults, demonstrate respect for them and a reverence for nature.

KEEP IT HAPPY - Your enthusiasm and joy is contagious. Relax and let nature and your child's curiosity direct the outing. Nature has a wonderful way of channeling lively children's energy into constructive activities. We learn best from, and seldom forget, direct personal experiences.

OBSERVE AND EXPERIENCE FIRST; TALK LATER - Children have a wonderful capacity for absorbing themselves in whatever they are looking at. We gain deeper understanding of things outside ourselves by becoming one with it than we ever will from second hand talk.

LIVE CRITTERS - Can they come home? Let your child say "No". Use the **basic needs of life** to ask questions about providing for the critter.

- * Is there **sunlight** and **air** at home?
- * Does the child know how the critter gets its **water**?
- * Does the child know exactly what **food** it eats (how much)? - which leaves?
- * Does home look like this space (**habitat**), with these plants etc.?
- * Will the critter have any of its own family at the child's home?

"No" to any question and the critter stays put. It is already home.

FOCUS ATTENTION RIGHT AWAY - Be aware of what is going on in nature around you. Something exciting or interesting is almost always happening. Point out interesting sights and sounds. Ask questions to spark imagination. Together, step by step, everyone will develop a spirit of keen observation.

SHARE YOUR OBSERVATIONS - wonder out loud - "*I wonder what it is like to stand in one place for a hundred years.*" Talk about how you feel - "*I feel such admiration for that spider's perseverance.*" When we share our feelings, it encourages our children to explore their feelings and ideas.

BE TICK AWARE, BE TICK WISE - ticks are present in backyards, parks, and green-space of all types. Protect your family.

<https://hpepublichealth.ca/ticks-and-lyme-disease/>

- * use approved insect repellent with DEET or Icaridin, be sure to wash everyone's hands afterwards
- * use a lint roller over your clothes and pet's fur before get into the car or going into the house.
- * check yourself, your children and pets every time, if a tick is found, removing it promptly. Consider contacting your health care provider.

When
nature is the teacher,
we learn patience, concentration,
awareness, empathy, respect, and trust.



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