

Online Library *Balanced And Barefoot: How Unrestricted Outdoor Play Makes For Strong, Confident, And Capable Children*

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

"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

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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.

Lisa Murphy on Child-Centered Environments provides an in-depth exploration of the

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author's approach to working with children. Lisa Murphy outlines nine characteristics programs need to build an environment that's child-centered, where play, developmentally appropriate practice, and academic standards all come together under one roof. Nine characteristics of a child-centered environment: 1. Children are provided long periods of uninterrupted free time to explore their environment 2. Children are provided lots of time outdoors 3. Children are able to explore the environment with few restrictions 4. Adults control the environment, not the children 5. Adults serve as facilitators within the space 6. Adults articulate the intention behind their words and actions 7. Adults are familiar with current research and the key contributions of historical child development theorists 8. Adults are aware of the importance of keeping it real 9. Children are provided time and opportunity to create, move, sing, discuss, observe, read, and play every day Using true-to-life examples, anecdotes, and Lisa Murphy's signature conversational style, this book presents and explores the true identifying characteristics of a hands-on, play-based, child-centered environment. Do you automatically cut toast into

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fingers? Appreciate finger painting as much as fine art? Hear 'no' a million times a day? If the answer is yes, then *Toddler Tactics* is for you. Being the parent of a toddler can be exciting, inspiring and exhausting - all at once! Your adorable little baby has now become a moving, grooving tot with attitude, and it will take all your patience and skill to deal with these changes. Parenting expert Pinky McKay explains what to do at each stage of development and offers fuss-free advice on: communicating with your toddler discipline and good manners good eating habits routines for play and sleep toilet training family dynamics *Toddler Tactics* is bursting with practical strategies for making the toddler years the exhilarating experience they should be.

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,

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this book is bursting with hundreds of easy ways to get your family out into nature a little bit every day.

Saving Our Children From Nature-Deficit Disorder

Glow Kids

It's OK to Go Up the Slide

Positive Discipline for Today's Busy (and Overwhelmed) Parent

The Idle Parent

The Everything Parent's Guide To The Strong-Willed Child

Play The Forest School Way

The Case For Make Believe

Nature Play Workshop for Families reveals the benefits of nature connection for young children and describes how caring adults can nurture it through outdoor play in all seasons.

Groundbreaking studies have shown that an absence of certain of microbes in children may be at the root of some of the most prevalent childhood ailments. Written by two experts in the field, this book takes on our oversanitized culture, from pregnancy to birth to early childhood, and explains how we can have a healthier relationship with our microbes.

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

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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.

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

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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.

This wise and funny book presents a revolutionary yet highly practical approach to childcare: leave them alone. "The *Idle Parent* came as a huge relief to the whole family. Suddenly, it was okay to leave the kids to sort it out among themselves. Suddenly, it was okay to be responsibly lazy. This is the most counterintuitive but most helpful and consoling child-raising manual I've yet read."--Alain de Botton, author of *The Pleasures and Sorrows of Work* and *The Consolations of Philosophy* "The most easy-to-follow-without-being-made-to-feel-inadequate parenting manifesto ever written . . . A godsend to parents."--The *Sunday Times* "Add liberal doses of music, jovial company and deep woods to play in--all central to the idle, not to say Taoist, life--and you have a recipe for bright, happy people with need of neither television nor shrink. Who could ask for more?"--The *Evening Standard* In *The Idle Parent*, the author of *The Freedom Manifesto* and *How to Be Idle* applies his trademark left-of-center theories of idleness to what can be one of the thorniest aspects of adult life: parenting. Many parents today spend a whole lot of time worrying and wondering--frantically "helicoptering" over their children with the hope that they might somehow keep (or make?) them flawless. But where is this approach to childcare getting us? According to Hodgkinson, in our quest to give our kids everything, we fail to give them the two things they need most: the space and time to grow up self-reliant,

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confident, happy, and free. In this smart and hilarious book, Hodgkinson urges parents to stop worrying and instead start nurturing the natural instincts toward creativity and independence that are found in every child. And the great irony: in doing so, we will find ourselves becoming happier and better parents.

60 Easy Creative Play Projects That Boost Brain Development, Calm Anxiety and Build Fine Motor Skills
I Love Dirt!

Working in Nature

Last Child in the Woods

Creating Sensory Smart Classrooms

A Practical Guide to Exploring and Extending Learning Outdoors

Outdoor Play and Skill-building Fun for Every Season Exercised

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.

The perfect companion book to *Play the Forest School Way*, this activity and learning guide offers more

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seasonal games, crafts, and skills to encourage kids to get outdoors come rain, shine, or snow The Forest School ethos of nature-based play and learning encourages children to develop confidence, self-esteem, and emotional intelligence—and it ' s exactly what ' s needed in an era when childhood problems such as obesity and anxiety are on the rise. Building on the success of 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 full of step-by-step games and activities that harmonize with the weather and seasonal nature patterns, including nods to seasonal festivals such as Easter and Christmas. At Forest School, children return to the same location again and again, building a lasting connection with a specific part of the natural world. Each of the four seasonal chapters in *A Year of Forest School* includes a description of an extended session (combining active and quieter activities, plus an idea for foraging/cooking), capturing this key part of Forest School play and providing inspiration for parties, themed learning days, and outdoor adventures. Woven throughout 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.

“ The children and nature movement is fueled by this fundamental idea: the child in nature is an endangered

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species, and the health of children and the health of the Earth are inseparable. ” —Richard Louv, from the new edition In his landmark work *Last Child in the Woods*, Richard Louv brought together cutting-edge studies that pointed to direct exposure to nature as essential for a child ’ s healthy physical and emotional development. Now this new edition updates the growing body of evidence linking the lack of nature in children ’ s lives and the rise in obesity, attention disorders, and depression. Louv ’ s message has galvanized an international back-to-nature campaign to “ Leave No Child Inside. ” His book will change the way you think about our future and the future of our children. “ [The] national movement to ‘ leave no child inside ’ . . . has been the focus of Capitol Hill hearings, state legislative action, grass-roots projects, a U.S. Forest Service initiative to get more children into the woods and a national effort to promote a ‘ green hour ’ in each day. . . . The increased activism has been partly inspired by a best-selling book, *Last Child in the Woods*, and its author, Richard Louv. ” —The Washington Post “ *Last Child in the Woods*, which describes a generation so plugged into electronic diversions that it has lost its connection to the natural world, is helping drive a movement quickly flourishing across the nation. ” —The Nation ’ s Health “ This book is an absolute must-read for parents. ” —The Boston Globe 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 We ’ ve all seen them: kids hypnotically staring at glowing

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screens in restaurants, in playgrounds and in friends' houses—and the numbers are growing. Like a virtual scourge, the illuminated glowing faces—the Glow Kids—are multiplying. But at what cost? Is this just a harmless indulgence or fad like some sort of digital hula-hoop? Some say that glowing screens might even be good for kids—a form of interactive educational tool. Don't believe it. In *Glow Kids*, Dr. Nicholas Kardaras will examine how technology—more specifically, age-inappropriate screen tech, with all of its glowing ubiquity—has profoundly affected the brains of an entire generation. Brain imaging research is showing that stimulating glowing screens are as dopaminergic (dopamine activating) to the brain's pleasure center as sex. And a growing mountain of clinical research correlates screen tech with disorders like ADHD, addiction, anxiety, depression, increased aggression, and even psychosis. Most shocking of all, recent brain imaging studies conclusively show that excessive screen exposure can neurologically damage a young person's developing brain in the same way that cocaine addiction can. Kardaras will dive into the sociological, psychological, cultural, and economic factors involved in the global tech epidemic with one major goal: to explore the effect all of our wonderful shiny new technology is having on kids. *Glow Kids* also includes an opt-out letter and a "quiz" for parents in the back of the book.

A Practical Guide to Play Therapy in the Outdoors responds to the significant and growing interest in the play therapy community of working in nature. Alison Chown provides practical ideas about why we might

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decide to take play therapy practice into outdoor settings and how we might do this safely and ethically. This book discusses how nature provides a second intermediate playground and can be seen as a co-therapist in play therapy. It explores the relevance of different environments to the play therapy process by considering the elements of earth, air, fire, water and wood. It looks at the way we can connect with nature to find a sense of place and details some activities to do with children in play therapy to get started. The book provides an important guide for the practitioner and talks them through the crucial guidelines that are necessary for outdoor play therapy and gives a philosophical perspective to working in nature. It will be engaging and essential reading for play therapists in training and practice.

How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children

Why Something We Never Evolved to Do Is Healthy and Rewarding

A Start-Up Guide to Nature-Based Pediatric Practice with 44 Kid-Tested Activities

Saving Your Child from an Oversanitized World

A Practical Guide

Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-reliant, and Better Students for Life

The Essential Guide to a Nature-Rich Life

52 Activities to Help You and Your Kids Discover the Wonders of Nature

The beloved host of PBS Kids' Dinosaur Train

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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. The book tells the story of how we never evolved to exercise - to do voluntary physical activity for the sake of health. Using his own research and experiences throughout the world, the author recounts how and why humans evolved to walk, run, dig, and do other necessary and rewarding physical activities while avoiding needless exertion. Drawing on insights from biology and anthropology, the author suggests how we can make exercise more enjoyable, rather than shaming and blaming people for avoiding it

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

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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.

In this modern age of technology, children need nature play more than ever before in human history. Pediatric therapy practitioners around the world are reading current research and realizing the benefits of nature for children with developmental challenges. Evidence suggests nature-based therapy is a powerful way to help children make rapid gains in sensory processing, mental health, motor coordination, and social play skills. Just like any real adventure, nature-based therapy is exciting and fun...but getting started as a nature-based therapist can feel overwhelming and scary due to all the logistics and unknowns. Most of us are used to working indoors and nature-based therapy is an emerging practice area with not much out there to

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guide us. Therapy in the Great Outdoors will help you start providing nature-based therapy immediately with confidence and ease! In this book, occupational therapist Laura Park Figueroa shares lessons learned during the start-up and growth of Outdoor Kids Occupational Therapy, a nature-based pediatric practice. In this book, you will learn:;

- Expert tips for managing logistics and planning nature-based therapy sessions.;
- Specific supplies you need to get started without spending a ton of money.;
- Must-have outdoor skills: hanging swings, building fires, tying the one knot you must know, and more!;
- And best of all: 44 easy-to-do kid-tested therapy activities requiring minimal supplies that you can carry in a large backpack for mobile therapy sessions in nature! With proven ideas for Crafts & Building, Group Movement Games, Social Skills & Self-Regulation, Snack Time, & Swings, you'll have an entire school year's worth of activities to help you effortlessly plan your nature-based therapy sessions. You will be inspired and equipped to adventure into nature-based therapy and transform children's lives!

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

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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.

How to Raise a Wild Child

Saving Play in a Commercialized World

Nature Play Workshop for Families

Forest School and Autism

A Year of Forest School

An Authoritative Guide to Raising a Respectful, Cooperative, And Positive Child

How to Balance Work, Parenting, and Self for Lasting Well-Being

Why Learning is Not All in Your Head

Forest School's innovative outdoor approach offers specific benefits to learners with autism, including increased social skills, raised self-esteem and improved sensory function. This guide raises autism awareness

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amongst practitioners by providing practical and easy-to-follow advice for adapting Forest School activities for those with autism. For those coming from a mainstream Forest School background, the author offers an introduction to autism and shows what Forest School can offer people with autism - both children and adults - with first-person accounts that highlight its success with this group. The guide gives advice on the social and sensory benefits, offers practical advice on safety and on how to set up a Forest School and finally presents specific activities to be incorporated into practitioners' routines. All children need guidance, yet some are definitely more resistant to parental direction and advice than others. Parenting a child whose personality may be described as "difficult" or "controlling" can leave you conflicted and frustrated. How do you nurture your child, get him to listen, and know who's in charge? It can be done. The Everything Parent's Guide to the Strong-Willed Child helps you work around stubborn and argumentative behavior. You'll learn how to encourage your child to compromise and communicate with you, rather than make unreasonable demands and/or shut down altogether. By learning what makes your child strong-willed, the effects of such behavior, and how to manage it, you can help your child achieve a more tempered disposition and teach him the lifelong rewards of a positive attitude. Psychologist Carl E. Pickhardt shows you how to: Regain control of your family Reap the benefits of healthy communication Discipline to teach, not to punish Resolve conflict between you and your child effectively Overcome willfulness in older children

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The Everything Parent's Guide to the Strong-Willed Child is your all-inclusive guide to regaining, and maintaining, a healthy and happy family.

With the increasing pressure to excel at parenting, work, and personal relationships, it's easy to feel stressed and dissatisfied. This targeted Positive Discipline guide gives parents the tools to parent effectively without sacrificing their well-being or giving up on their life goals. Instead of creating unachievable expectations, you will instead learn to play to your strengths at work and at home.

You'll integrate your seemingly disparate areas of life and use Positive Discipline to make the most out of your time, energy and relationships. By helping you get to the bottom of the underlying causes of misbehavior, busy parents will also be able to avoid pampering and keep permissive and punitive parenting at bay. Instead of feeling fragmented and guilty, you'll have the presence of mind to explore what works best for you and your family. Attitude is key – we'll help you feel confident in your parenting abilities and your professional choices, making your children more likely to adopt an attitude of self-reliance and cooperation. Armed with communication strategies and tips for self-reflection, moms (and dads!) won't have to feel guilty about leaving their child with a sitter during the day, or leaving work early to go to a soccer game.

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

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heighten a child's sense of wonder. To learn more about the author, Jennifer Ward, visit her website at jenniferwardbooks.com and to learn more about the illustrator, Susie Ghahremani, visit her website at boygirlparty.com.

The Best Sensory Bins for Endless Creative Play Engage your child in hours of play with Mandisa Watts's colorful collection of sensory bin activities that aid with memory formation, language development, problem-solving skills and more. Perfect for toddlers from eighteen months to three years old and beyond, each bin makes use of materials you already have at home and helps reignite your kids' interest in toys long forgotten. Boring afternoons are made exciting with awesome animal-based bins, like Salty Shark Bay or Yarn Farm. Pretend play bins like Birthday Cake Sensory Play or Bubble Tea Party encourage creativity and imagination. And your kids will have so much fun they won't even know they're getting smarter with STEAM (science, technology, engineering, art and math) activities like Sink or Float Soup, Magnetic Letter Hunt or Ice Cream Scoop and Count. With setup instructions, details on how to guide your child through each activity, suggestions for what to talk about with your child as they play and other useful tips, Mandisa gives you all the information you need for creative sensory activities your kids are bound to love.

Why Laid-Back Parents Raise Happier and Healthier Kids

What Parents Can Do Today for Children Ages 2-5 to Plant the Seeds of Lifelong Success

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Love Bombing

Lisa Murphy on Being Child Centered

Vitamin N

The Call of the Wild and Free

Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life

There's No Such Thing as Bad Weather

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

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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

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mind, body, and spirit.

“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.

Take advantage of nature’s therapeutic benefits with this guide for

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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 Study on the neural basis of learning kinesiology.

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

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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

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newfound confidence and cheer.

Toddler Tactics

Risk, Challenge and Adventure in the Early Years

Nature-Based Therapy

Fifteen Minutes Outside

Reset Your Child's Emotional Thermostat

How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance

The Most Important Health Discovery Ever?

Reclaiming the Wonder in Your Child's Education, A New Way to Homeschool

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."

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

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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.

The solution for chronic inflammation, regarded as the cause of the most common modern diseases, has been identified! Earthing introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This never-before-told story, filled with fascinating research and real-life testimonials, chronicles a discovery with the potential to create a global health revolution.

Woodland games, crafts, and other outdoor adventures from the Forest School—for parents and their children The rise of the grassroots Forest School movement in recent years is part of a groundswell of concern about the wellbeing of our children, with many media scare stories about child obesity, "nature deficit disorder" (as described in *Last Child in the Woods*), and lack of exposure to risk. This outdoor adventure manual is the antidote! Packed full of ideas, from making nature

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jewelry and whittling a bow and arrow, to building a shelter and foraging for food, it also celebrates the Forest School philosophy of encouraging self-esteem, confidence, and social skills through engagement with nature. The activities contain variations for varied age groups, small groups like play dates or birthday parties, as well as things to do with just one or two children. Parents are encouraged to guide the play but the activity instructions are written in a simple style with fun illustrations so that kids can take the lead as well. 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.

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A Practical Guide for Educators

Free to Learn

Smart Moves

365 Ways to Get Out of the House and Connect with Your Kids

A Novel

Free-Range Kids

Balanced and Barefoot

In The Case for Make Believe, Harvard child psychologist Susan Linn tells the alarming story of childhood under siege in a commercialized and technology-saturated world. Although play is essential to human development and children are born with an innate capacity for make believe, Linn argues that, in modern-day America, nurturing creative play is not only countercultural—it threatens corporate profits. A book with immediate relevance for parents and educators alike, The Case for Make Believe helps readers understand how crucial child's play is—and what parents and educators can do to protect it. At the heart of the book are stories of children at home, in school, and at a therapist's office playing about real-life issues from entering kindergarten to a sibling's death, expressing feelings they can't express directly, and making meaning of an often confusing world. In an era when toys come from television and media companies sell videos as brain-builders for babies, Linn lays out the inextricable links between play, creativity, and health, showing us how and

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why to preserve the space for make believe that children need to lead fulfilling and meaningful lives.

When the long walk from Seattle to Key West finally nears an end, Alan Christoffersen must return to the west and face yet another crisis just as he has begun to heal from so much loss.

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.

"Love Bombing" is a radical new method for resetting the emotional thermostats of troubled children and their parents, setting them on a much happier trajectory. It is simple to do, easily explained and works for both severe and mild problems from aged three to early teenage. Many, if not most, parents feel that their children may have missed out in some way during the early years. Offering a simple, relatively trouble-free self-help method for putting that right is what parents are waiting for. "This book is written in highly accessible language", assures Oliver James. "The method is explained as simply as possible, illustrated with cases". "Love Bombing is a very simple technique which helps most children from aged three to early teenage. Because so many parents are, or have had, periods of living very busy or miserable

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or complicated lives, most of us need to reconnect with our children from time to time. Love Bombing does the job," explains James.

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 "rivaled 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

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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.

How to make magic from mayhem

The Art and Science of Falling in Love with Nature

Walking on Water

Let Them Eat Dirt

Exciting Sensory Bins for Curious Kids

A Guide to 40+ Outdoor Learning Experiences in All Seasons

How Parents and Teachers Can Let Go and Let Grow

Renegade Rules for Raising Confident and Creative Kids

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.

Earthing

A Practical Guide to Play Therapy in the Outdoors

Nature Play at Home

A Practitioner's Guide to Working Outdoors with Children, Youth, and Families

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Let Them Be Eaten By Bears

Therapy in the Great Outdoors

Woodland Games and Crafts for Adventurous Kids

A Fearless Guide to Taking Our Kids Into the Great

Outdoors