

A young girl with blonde hair, wearing a colorful floral swimsuit, is crawling on a dark, wet rock in a stream. The background is a blurred natural setting with green foliage and water.

FOREWORD BY RICHARD LOUV

author of the New York Times bestseller *Last Child in the Woods*

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

BALANCED and BAREFOOT

ANGELA J. HANSCOM

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

Dr Les Higgins



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

Balanced and Barefoot Angela J. Hanscom, 2016-04-22 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

There's No Such Thing as Bad Weather Linda Åkeson McGurk, 2017-10-03 Bringing Up B b 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 **Childhood Unplugged** Katherine Johnson

Martinko,2023-07-11 Ditch the devices and bring back the magic of being a kid Screens are everywhere Children spend an average of 7 5 hours on digital devices every day with profoundly negative consequences While some tech may amplify real life experience the vast majority undermines it by limiting physical activity creating anxiety or damaging self esteem Childhood Unplugged takes a bold approach to creating healthy boundaries around the use of digital media Drawing on her own family s experience plus interviews with digital minimalists educators and child development experts Katherine Martinko presents Meticulously researched analysis of the impacts of excessive screen time on children s physical neurological emotional and social development Specific pathways to reduced screen exposure naturally leading to more time spent outdoors increased confidence and empathy and more creative and active play Inspiration for caregivers overwhelmed by the thought of severing ties with the digital babysitter Age appropriate advice for parents of babies and toddlers school aged children and adolescents Taking a calming nonjudgmental approach Childhood Unplugged is a lifeline for parents caregivers educators and anyone who questions the role of digital media and yearns for the young people in their life to experience the profound beauty and magic of childhood AWARDS FINALIST 2023 Foreword INDIES Awards Family Relationships *Building Confidence, Resilience and Emotional Intelligence in Young Children* Jamie Victoria

Barnes,2020-06-18 Confidence emotional intelligence and resilience are vital to children s mental wellbeing and this book gives early years practitioners all the tools they need to promote these skills in young children The book explores how three approaches Growth Mindset Forest School and Multiple Intelligences can be key to building these skills Growth Mindset focuses on talents being strengthened through hard work and determination Forest School uses the physical natural world to enhance learning and development and Multiple Intelligences focuses on equally valuing the many different kinds of intelligences there are Each chapter includes activities and ideas to show how the different approaches can be used in everyday practice Also included are reflective questions quick tips and case studies This book will inspire and empower readers to reflect on themselves their practice and how they can support each child as an individual to give them the best start in life *ABCs of Raising Smarter Kids* Joanne Foster, Ed.D.,2020-08-10 In ABCs of Raising Smarter Kids award

winning author and gifted education expert Dr Joanne Foster reveals ways to help kids thrive Moving from A to Z she offers helpful information on child development and shares hundreds of current resources and practical suggestions Each letter chapter features a different thematic focus such as Education Health and Happiness Motivation and Productivity Beautifully illustrated by Christine Thammavongsa ABCs is a comprehensive reader friendly and unique parenting book **Raising**

Good Humans Hunter Clarke-Fields,2019-12-01 A wise and fresh approach to mindful parenting Tara Brach author of

Radical Acceptance A kinder more compassionate world starts with kind and compassionate kids In *Raising Good Humans* you ll find powerful and practical strategies to break free from reactive parenting habits and raise kind cooperative and confident kids Whether you re running late for school trying to get your child to eat their vegetables or dealing with an epic meltdown in the checkout line at a grocery store being a parent is hard work And as parents many of us react in times of stress without thinking often by yelling But what if instead of always reacting on autopilot you could respond thoughtfully in those moments keep your cool and get from A to B on time and in one piece With this book you ll find powerful mindfulness skills for calming your own stress response when difficult emotions arise You ll also discover strategies for cultivating respectful communication effective conflict resolution and reflective listening In the process you ll learn to examine your own unhelpful patterns and ingrained reactions that reflect the generational habits shaped by your parents so you can break the cycle and respond to your children in more skillful ways When children experience a parent reacting with kindness and patience they learn to act with kindness as well thereby altering generational patterns for a kinder more compassionate future With this essential guide you ll see how changing your own autopilot reactions can create a lasting positive impact not just for your kids but for generations to come An essential must read for all parents now more than ever To raise the children we hope to raise we have to learn to become the person we hoped to be This wonderful book will help you handle the ride KJ Dell Antonia author of *How to Be a Happier Parent* Hunter Clarke Fields shares her wisdom and personal experience to help parents create peaceful families Joanna Faber and Julie King coauthors of *How to Talk So Little Kids Will Listen* [Outdoor Play for Healthy Little Minds](#) Sarah Watkins,2021-10-28 This essential resource is designed to help busy early years practitioners to support the mental health of young children through outdoor play Promoting social and emotional wellbeing in childhood has never been more important and outdoor play is a crucial tool to build resilience develop healthy relationships and boost self esteem Using relatable case studies that demonstrate achievable change the book is full of practical advice and strategies for exploring nature in both natural and man made landscapes and includes guidance on how to co create inviting play spheres with children Each chapter provides Adaptable and cost effective activities designed to help children feel more confident and connected to the world around them Case studies and reflective opportunities to prompt practitioners to consider and develop their own practice An accessible and engaging format with links to theorists risk assessment and individual schemas Outdoor play allows young children to explore who they are and what they can do It supports them as they learn to think critically take risks and form a true sense of belonging with their peers and with the wider community This is an indispensable resource for practising and trainee early years practitioners Reception teachers and childminders as they facilitate outdoor play in their early years setting **The Anxiety Busting Workbook for Kids** Debra Kissen,Meena Dugatkin,Grace Cusack,2024-10-01 Children face a number of anxiety inducing challenges every day from school to extracurricular activities to making friends The good news is that kids can also learn to turn their overly

anxious thoughts into curiosity determination and bravery Built on the solid foundations of cognitive behavioral therapy CBT yet cleverly disguised as fun kid focused games and activities this workbook is designed to help children ages 5 to 9 discover the not so scary world around them and channel all that energy away from fear and worry and toward courage and confidence

Spark a Revolution in Early Education Rae Pica,2022-11-22 Join the revolution in early childhood education Early childhood educators are facing a crucial inflection point in the profession Active learning for the whole child has been increasingly ignored by early childhood education decision makers Research shows that children need movement and play and joy to learn to their fullest potential yet the educational system pushes worksheets and takes away time outdoors among many other harmful and developmentally inappropriate teaching practices Educators everywhere are tired of witnessing unrealistic expectations and impossible attempts to accelerate child development stripping children of authentic learning and their giggles They are disturbed by the inequities that exist in education and want to see every child provided with the good foundation a quality early education can supply They are fed up with the nonsense depriving children of childhood requiring them to teach in ways that they know aren't right Without an understanding of child development guiding ECE policies children have lost their love of learning and play and face growing health issues This book challenges and inspires early childhood professionals to advocate for change in the field while giving them the research underpinnings and tools they need to take real action and bring back active play based learning for the development and education of the whole child Including chapters on debunking myths in early childhood education advocacy basics and strategies for speaking up it dispels the fears associated with speaking up and banishes all doubts about the need to advocate bravely and widely proving the need to change course and providing practical and actionable steps for speaking to decision makers and convincing them to pursue change Spark a Revolution in Early Education busts four myths earlier is better children learn by sitting digital devices are important to learning and play time is not productive time to push for Rae's Revolution and get educators everywhere to stand up for the children

The Resilience Workbook for Kids Caren Baruch-Feldman,Rebecca Comizio,2022-04-01 In an increasingly uncertain world children need resilience building tools more than ever This fun and engaging workbook offers simple activities for kids ages 7 to 12 who have been exposed to intense frequent or sustained stress Young readers will learn skills grounded in cognitive behavioral therapy CBT and positive psychology to manage difficult emotions find their strengths and grow from challenges so they can bounce back from stress and adversity and thrive throughout their lives

Promoting Physical Development and Activity in Early Childhood Jackie Musgrave,Jane Dorrian,Joanne Josephidou,Ben Langdown,Lucy Rodriguez Leon,2024-04-11 Getting young children active and supporting their physical development right from the start is essential for children's all round development and good health However children's levels of physical activity are declining This book helps readers increase their understanding to support young children's overall development health and wellbeing Breaking current physical activity guidelines into bite size chunks the

book provides key advice on caring for and educating babies and young children on how to meet the recommended amount of physical activity each day Current research is accessibly explored including links with screen time and neuroscience and informs a range of flexible open ended activities and practical strategies to use in every early years setting Chapters include Suggestions on planning an enabling environment to support young children s physical development without expensive equipment or classes Steps for making physical activity inclusive for all children including those with special educational needs and physical conditions Key research translated into easy to understand informative guidance The voice of the child and the importance of listening to children woven throughout Opportunities for readers to assess how their own setting supports physical activity The importance of early physical development to communication and future academic performance Grounded in best practice for supporting physical development in the early years and working with parents this book is essential reading for trainee and practising early years educators as well as parents and carers of young children

Supporting Children's Mental Health and Wellbeing Alison Prowle,Nicola Stobbs,2025-05-30 This key text recognises the importance of upskilling students and practitioners to understand children s holistic needs and to develop new ways of working therapeutically that support their wellbeing and resilience The book outlines why therapeutic approaches are necessary considers the range of approaches that are available and the evidence behind them and shows how these can be used to support children and families in an increasingly challenging practice landscape Placing an emphasis on self care it celebrates the role of the practitioner as an inspirer of hope and architect of resilience and self efficacy Each chapter in the book Provides an overview of adversity trauma and holistic wellbeing Includes helpful case studies and practical examples alongside reflective questions that can be used as discussion points in seminars Takes a multi disciplinary approach with contributions from specialists working directly with children and families across a range of settings Equips students and practitioners with a wide range of models tools and approaches to achieve their best outcomes Offers advice for developing a therapeutic relationship and the skills and dispositions needed for practice This informative and practical book will be essential reading for students in a range of disciplines including early years professional practice and early childhood degrees as well as education health social care and community services It will also be a valuable resource for early years and primary practitioners trauma informed schools and organisations supporting children and families **Baby Bomb** Kara

Hoppe,Stan Tatkin,2021-07-01 A new baby can turn your life and your romantic relationship upside down Baby Bomb is the resource parents need to integrate life with baby so they can co parent and co partner as a solid and supportive team while also cultivating mad love for each other The book gives moms and dads more than just tips for better parenting and partnering it gives them a science based understanding of why a secure functioning relationship is essential for successful parenting **Mindfulness for Kids with ADHD** Debra Burdick,2018-10-01 Help your child with ADHD thrive Mindfulness for Kids with ADHD offers fun and accessible mindfulness exercises designed to help kids with ADHD successfully navigate

all the areas of life from making friends and doing well in school to establishing healthy habits and limiting screen time As a parent you know that attention deficit hyperactivity disorder ADHD can make the normal developmental tasks of childhood more difficult to accomplish in numerous ways These tasks include making friends doing well in school organizing belongings and schoolwork identifying and managing feelings developing a positive self image getting along with family members following rules doing chores establishing a healthy sleep pattern eating a healthy diet and making good choices about exercise and use of screen time The activities in this easy to use workbook will help your child develop self awareness and self reflection two skills that kids with ADHD typically need extra help with The book also illustrates and teaches the process of setting intention and using specific mindfulness skills to identify and improve feelings self image behavior stress level concentration hyperactivity and relationships If you re a parent of a child with ADHD you may feel conflicted about the best treatment options available Whether used alone or in conjunction with therapy this powerful workbook provides real skills your child can use every day to improve their quality of life and help them enjoy being a kid

The Resilience Recipe

Muniya S. Khanna, Philip C. Kendall, 2021-11-01 What can parents do to help their kids feel less anxious In our increasingly uncertain world helping children cultivate resilience is key Written by pioneering experts in child psychology and anxiety The Resilience Recipe offers parents of children ages 5 to 12 struggling with anxiety a proven effective evidence based plan grounded in cognitive behavioral therapy CBT to help kids build emotional resilience manage the ups and downs of anxiety worry less approach life s challenges with confidence and thrive in the face of modern stressors

ParentSpeak

Jennifer Lehr, 2017-01-10 A smart funny provocative guide to the hidden dangers of parentspeak those seemingly innocent phrases parents use when speaking to their young children from Good job to Can you say thank you that advocates for a more conscious approach to parenting based on respect and love for the child as an individual

Connect with Nature

Dr Les Higgins, 2021-11-01 If you want a deeper connection with nature this book is for you It will help you form a relationship with nature that can improve happiness well being and health At the same time it will foster in you a desire to take care of the natural environment

Mindfulness for Anxious Kids

Catherine Cook-Cottone, Rebecca K. Vujnovic, 2018-11-01 Help your child stay calm when anxiety takes hold In The Mindfulness Workbook for Anxious Kids two licensed psychologists offer fun and effective mindfulness and emotion regulation activities to help kids cope with anxiety panic stress fear and worry Between school friends and just growing up it s normal for kids to feel worried or anxious some of the time But if your child s anxiety is getting in the way of achieving goals or living life they may need a little extra help managing stress and difficult feelings This workbook is a great place to start The Mindfulness Workbook for Anxious Kids provides engaging and evidence based activities grounded in mindfulness practices and dialectical behavior therapy DBT to help kids stay calm and balance their emotions whether they re at school with friends or at home Using the skills outlined in this workbook your child will learn to manage anxiety associated with daily life anxiety disorders and trauma The workbook also addresses specific anxiety

issues such as panic separation anxiety social anxiety and phobias Emotions can be confusing and negative or difficult emotions are often the cause of anxiety in children But emotions cannot be avoided This workbook will help your child make friends with their emotions understand them and use them effectively

Nature-Based Learning for Young Children

Julie Powers, Sheila Williams Ridge, 2018-12-11 Nature Based Learning for Every Preschool Setting is designed to provide ideas for all early childhood educators ranging from novice nature educators to highly experienced nature educators in a wide range of ecosystems including forests cities prairies coastal and deserts It includes background information on a range of nature topics reproducible parent newsletters sample play based lesson plans guidance and health and safety issues related to nature activities ideas for free inexpensive equipment and materials and for big ticket items ideas for family involvement and connections to early childhood learning standards Chapters are divided by nature topic so readers can dip in right away where they want to start exploring

Cooperative Co-Parenting for Secure Kids

Aurisha Smolarski, 2024-01-02 Most parents want their child to feel safe loved and confident that their needs will be met but this can be difficult when you're sharing custody with an ex The Attachment Theory Guide to Co Parenting offers proven effective skills to help readers build a solid secure foundation for their child with or without their ex's cooperation

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