

## Tips to get the kids in your life out into nature

- ❖ Take them down to the creek to skip rocks and then show them what was hiding under those rocks.
- ❖ Take a walk after the rain and count worms.
- ❖ Turn on the porch light and watch the insects gather.
- ❖ Go to a field and watch the bees diving into the flowers.
- ❖ Find a ravine, woods, a windbreak row of trees, a swamp, a pond, a vacant, overgrown lot and go there regularly.
- ❖ Encourage your child to get to know a 10-square-yard area at the edge of a field, pond or pesticide-free garden. Look for the edges between habitats: where the trees stop and a field begins, where rocks and earth meet water. Life is always at the edges.
- ❖ With your child, keep a nature journal where you describe, in words and pictures, the animals and plants you see.
- ❖ Introduce your kids to gardening. Vegetables are a good choice because they germinate quickly and can be eaten when mature.
- ❖ Plant a bee garden. For tips on plant choices, visit UC Berkeley entomologist Gordon Frankie's Web site at <http://nature.berkeley.edu/urbanbeegardens/>

*(Sources: Judy Sedbrook, master gardener, Colorado State Univ. Cooperative Extension and Deborah Churchman, in the journal American Forests, quoted in Richard Louv's book "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder").*

## Other tips to help the children in your life benefit from nature

A study by the Human-Environment Research Laboratory at the Univ. of Illinois recommended doing the following to reduce children's Attention-Deficit Hyperactivity Disorder symptoms:

- ❖ Encourage children (especially girls) to study or play in rooms with a view of nature.
- ❖ Encourage children to play outdoors in green spaces, and advocate recess in green schoolyards. This may be especially helpful for renewing children's concentration.
- ❖ Plant and care for trees and vegetation at your residence, or encourage the owner to do so.
- ❖ Value and care for the trees in your community.

*(Source: "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder")*

KQED QUEST Nature Deficit Disorder Radio report: <http://www.kqed.org/quest/radio/view/683>