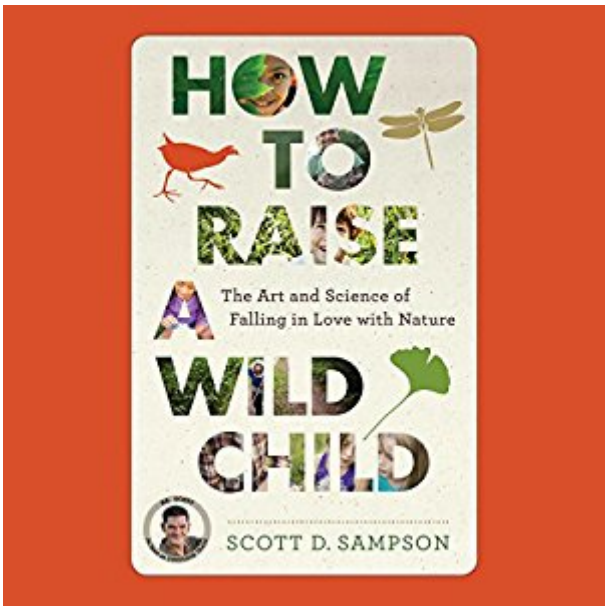
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How To Raise A Wild Child: The Art And Science Of Falling In Love With Nature



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Synopsis

American children today spend 90 percent less time playing outdoors than their parents did; instead they spend an average of seven hours a day interacting with a screen. Scott Sampson asserts that not only does exposure to nature help relieve stress, depression, and attention deficits, but it also reduces bullying and helps boost academic scores. Even more important are the long-term benefits linked to cognitive, emotional, and moral development. Distilling the latest research in disciplines such as psychology, neuroscience, biology, and education, Sampson reveals how parents and educators can help kids fall in love with nature and instill a sense of place that will help keep the planet healthy.

Book Information

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Customer Reviews

With almost 300 footnotes, a 14-page bibliography, and an extensive index, you might mistakenly think youÃƒÂ¢Ã â ¬Ã â„¢re getting a dry academic tome with little in the way of practical information. But in fact, those scholarly aspects reveal the strong foundation underlying this well-thought-out practical guide to helping parents, teachers, and others be nature mentors.The book begins with two chapters that describe the problem of disconnection from nature, and highlight the importance of connection to place. While some readers will want to skip ahead to the more hands-on chapters that follow (and this is an invitation from the author himself in his introduction), I found the early chapters thought-provoking and important for appreciating the larger context of the book.The remainder of the book approaches many facets of fostering nature connection, and includes a diversity of short nature mentoring tips, more in-depth discussions of key challenges and

solutions, and substantive anecdotes (including many involving the author and his daughter.)Some topics that stand out as being particularly well-addressed: the balance between protecting nature versus promoting exploration and hands-on play and creativity in nature; the importance of ÃƒÂ¢Ã â ¬Ã Å“people connectionÃƒÂ¢Ã â ¬Ã Â• in concert with ÃƒÂ¢Ã â ¬Ã Å“nature connection;ÃƒÂ¢Ã â ¬Ã Â• the role of nature play, and creativity in and with nature; how mentors can lead by example by strengthening their own connection with nature; how developmental stages of childhood invite different approaches to nature connection; and how technology can be used as a tool, rather than having to be an obstacle to connecting with nature.I highly recommend this book, for newcomers to the field of nature connection who are looking for practical techniques, as well as for people already well-versed in the topic who will enjoy an in-depth treatment of some of the challenges as well as emerging solutions and research underpinnings.

Not only is this a great book to glean tips on raising a "wild" child it’s great for just learning to raise a child that’s independent. Step back and let them adventure. Get them outside encourage and stay out of the way.I started using some of these tips right away, like identifying trees when a hike gets boring. Pulled my 5 year old right gut back in to the hike.

What a great book! The author is an expert at communicating his love of nature directly to kids via TV. But in this book he communicates directly with parents (& any other interested parties)--folks who already suspect that sanitized, supervised, "safe" indoor life isn’t really a good gift to give a child. Besides reinforcing the motivation of a loving parent to instill a child’s increasingly independent interest in the great out-of-doors, Sampson offers practical suggestions for approaching youngsters of various ages--preschoolers, elementary school students, & adolescents. This is both a "why-to" & "how-to" book! And for me, it reminded me of my own wondrous childhood adventures & of the contrast to what my daughter has experienced. Mindfully raising a child to appreciate what is "wild" is wiser than having to tame a child who is wild because his natural curiosity about nature has been thwarted!

Love! This book is a great reminder to let kids be kids and to explore. I look forward to sharing this book with all of my friends.

Lots of good points on how parents and grandparents are important to getting children connected with nature. I am using it as part of the basis for a program I am starting locally - to get kids and their

parents out into local parks, looking at and enjoying nature around them.

Great father's Day gift. We are all inspired. I understand this writer also does Dinosaur Train on PBS.

Amazing book. I highly recommend this to parents, educators, community volunteers, church volunteers, and anyone else who wants to open their eyes to fun and insightful ways to interact more effectively with our natural environment. Dr. Sampson knows his stuff and has a ton of hands-on experience, not just academic acumen. This should be required reading for adults who have kids or who work/interact with kids in any capacity.

Great book! I plan to use it as a guide with my young son and also with our Outdoor Club students taken on camping and backpacking trips and outdoor education.

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