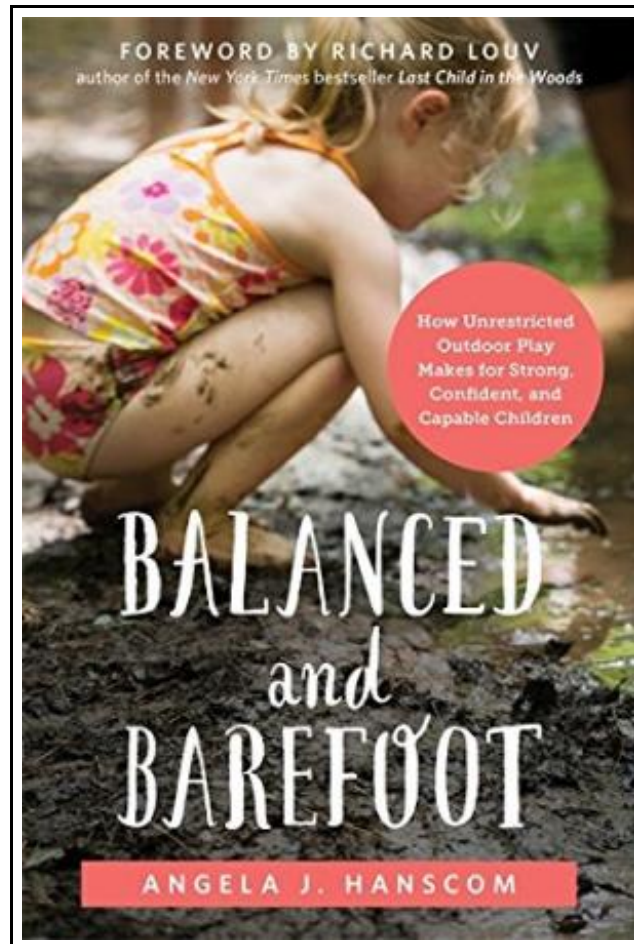


## Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, *Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children*, Angela J. Hanscom, 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 that 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 activities 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 activities you can do anytime, anywhere, to help your kids achieve the movement they need to be happy and healthy in mind, body, and spirit.



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