

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

*Angela J. Hanscom*

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



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s cognitive advancement and growth, and offers a great deal of fun, engaging ways to help ensure that kids develop into healthy, balanced, and resilient adults. Angela Hanscom is a powerful voice for stability." —s children have got adopted sedentary lifestyles filled with television, video games, and computer displays." With this book, you'll Richard Louv, author of *Last Kid in the Woods* In this essential book, a pediatric occupational therapist and founder of TimberNook shows how outdoor play and unstructured freedom of movement are vital for children' But a growing number of, studies show that kids need "rough and tumble"ve taken away merry-go-rounds, shortened the length of swings, and done aside with teeter-totters to maintain children safe. Kids have fewer possibilities for unstructured outdoor play than ever before, and recess occasions at school are shrinking because of demanding educational environments. So, how can you ensure your child is fully engaging their body, mind, and all of their senses? Utilizing the same philosophy that lies at the heart of her well-known TimberNook system—that nature is the supreme sensory experience, and that emotional and physical health improves for children when they spending some time outside on a regular basis—author Angela Hanscom offers many strategies to help your child thrive, even if you reside in an urban environment. Today it is rare to find children rolling down hills, climbing trees, or spinning in circles simply for fun. We' outdoor play to be able to develop their sensory, electric motor, and executive features. Disturbingly, a lack of movement has been proven to lead to a number of health and cognitive issues, such as attention deficit/hyperactivity disorder (ADHD), emotion regulation and sensory digesting problems, and aggressiveness at college recess break. Today'll discover little actions you can take anytime, anywhere to help your children achieve the motion they need to be happy and healthy at heart, body, and spirit.



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It is a type of sad reality that some of the tips is difficult to follow. This is the first I would recommend this book to everyone in childcare (like me) or who offers their own children... Relatable text We am thoroughly enjoying this publication. Um? This publication is a must read for anyone interested in helping children develop the direction they were intended to develop. After I read this book I had a paradigm shift that I would explain as changing my philosophical, spiritual, and education sights. I am a different mother or father due to this book. An absolute must have in virtually any outdoor educator library Not for helicopter parents Great read. Kids, Dirt, Independence, and Growth This is a nice quick resource on why it really is so vital that you get your son or daughter outside. It includes some insight into how exactly to fight the cultural push away from allowing our children to be independent. For anybody with children in their lives This book is quite approachable, easy and fun to read, and incredibly informative. This book is a casino game changer. Great for parents and professionals Great read! Even grandparents should read this book! Angela does an excellent job of melding theory with working experience. I came across myself looking back at my childhood and totally agreeing with Angela that we have somehow forgotten in what she calls "free of charge play" I'm in my sixties, and after scanning this book I feel like going outside to build a fort. As a grandparent I came across this book very enlightening. I recommend this book for anybody who would like to raise a healthy and independent child. all resulting in an inability to efficiently learn skills across the board. And over. The publication might have been down to a small number of well-written blogs.\*I do agree that getting our kids out in character is really, really important, BUT this reserve takes the watch that taking them outside is some type of magical panacea that may heal all our issues.\*I picked the book up hoping for some practical assistance (it has a chapter devoted specifically to babies being outside and something for getting kids who are much less imaginative to play). That was a disappointment. For example, the advice on babies? Every mother or father should read this reserve and kids would be much better adults over time. I thought I understood a lot about child development, both through experience and education. Really? This is Ten Dollar tips? Anyway, I am sorry, I usually don't like to bash books. I was just bummed. ? I loved this book. Repeating I like the info in this publication, but I felt like there is plenty of repeating. I already knew this but I appreciated the book because it produced me realize you'll find nothing wrong with skipping the play dates and allowing my children be free instead. This book is a game changer. I bought it within an independent program I am taking as a teacher and also have found a lot of information that is applicable to my students and my own children. There's a great deal in the reserve that I can draw from when I need to back my beliefs as a parent (and a instructor) who allows her children to obtain messy and explore the

outdoors. Wonderfully relevant! I am an Early Childhood Educator with over 35 years of teaching experience. I've seen firsthand the decline of childhood, play, and the physical deterioration of young children; The writer used the same factors over, and over. An easy read, broken down into great chunks for those who might like shorter reading sessions Plenty of information that one can tell Parents and other programs about what precisely children are missing developmentally by not being outdoors, playing in nature! In addition, it gives many practical strategies how to invert this all-too-common trend. I recommend this for parents, teachers, or anyone with an curiosity in young children. RECOMMEND TO ALL PARENTS AND EDUCATORS LOVE this book. Applying tips as a mom and teacher. Everyone who's around children should definitely read. The details is very crucial for child advancement. It's time to get bck to the basics. I found myself skipping over bits because I was bored. This book is simple to read and attempts to backup the claims within. I believed I . This book, in readable language, points out the research of why and how that is happening. I will be making different educational options for my children because of this book. Meh I felt like this book was repetitive. Great book Great book. I want all my clients could read this publication. Don't panic about germs, let them munch on the stick they find, and just keep an eye on what they put in their mouth. To put it simply, it's time to get back childhood and let children become explorers.



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