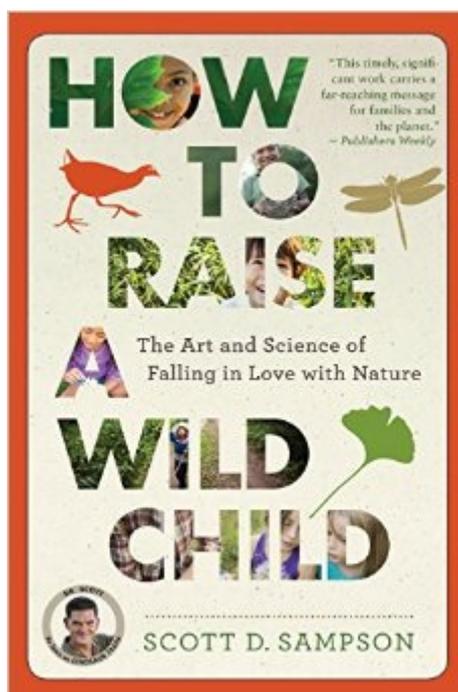


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How To Raise A Wild Child: The Art And Science Of Falling In Love With Nature



Synopsis

“This timely, significant work carries a far-reaching message for families and the planet.” —Publishers Weekly

In a time when the connection between humans and the rest of nature is most vulnerable, Scott offers parents and teachers a book of encouragement and knowledge, and to children, the priceless gift of wonder.

—Richard Louv, author of *Last Child in the Woods* and *The Nature Principle*

The average North American child now spends about seven hours a day staring at screens and mere minutes engaged in unstructured play outdoors. Yet recent research indicates that experiences in nature are essential for healthy growth. Regular exposure to nature can help relieve stress, depression, and attention deficits. It can reduce bullying, combat obesity, and boost academic scores. Most critical of all, abundant time in natural settings seems to yield long-term benefits in kids’ cognitive, emotional, and social development. *How to Raise a Wild Child* is a timely and engaging antidote, offering teachers, parents, and other caregivers the necessary tools to engender a meaningful, lasting connection between children and the natural world.

“With wisdom, intellect, and empathy, [Sampson] provides us with a bounty of simple yet profound ways we can enter this natural world, oftentimes starting in our very own backyards.” —Lili Taylor, actor, mom, and board member of the American Birding Association

[Sampson] makes a cogent case for the importance of cultivating a “nature connection” in children and offers thoughtful guidance on how to do so amid today’s pressures of hectic, high-tech, increasingly urbanized life.” —Scientific American MIND

Book Information

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Customer Reviews

Scott Sampson's passion for nature is so refreshing! Even if you are the most ardent outdoorsmen, within the first 30 pages, you will be itching to get outside instead of continuing to read this book. Mr. Sampson has a profound philosophy about nature and its importance in our lives that goes far beyond understanding our world. He really captures the essence of what the world outside gives us; observation skills, patience, curiosity, enlightenment, compassion - all things that make us better people. This book is ideal for parents and teachers in today's world where we are all competing with the seductive lure of YouTube, video games and social media and getting kids outside to experience the natural world has become a bit like dragging a boat anchor. Mr. Sampson brings many disciplines to the experience; history, ancient cultures, botany, art, and more. And lest you think this is a book geared towards young children, Mr. Sampson spends nearly a good chunk of his book addressing the needs of pre-teen, adolescents and teenagers and how to spark the interest in the natural world within them. I also loved the last portion of the book where Mr. Sampson provides insight into how we can shape policy, from the local level to the national level, about making nature more accessible and integrated into our lives, especially that our youth. He demonstrates throughout the book how anyone, even folks living in urban areas, can get outside and take part in the natural world. Brimming with positive examples from small scale activities you can do as a family to activities that can be done as a neighborhood or community, Mr. Sampson really lays the world at our feet.

How to Raise a Wild Child: The Art and Science of Falling in Love with Nature proposes the following important thought for the reader's consideration: Many children today are "over-scheduled, overprotected, and over-screened--living under effective 'house arrest'." What have these three things created? Obese children, children with ADD, children with weakened immunity systems, children with allergies, to name only a few problems. Author Scott D. Sampson provides a vast number of outdoors activities that will hopefully get kids back outdoors and keep them there for life. There are specific suggestions for all three age groups, too--early childhood, middle childhood and adolescence. Some of the activities are hands-on ones, some are storytelling adventures, and some involve simply sitting quietly while listening and observing nature. Nature is everywhere, not just out in the wilderness. In addition, Dr. Sampson includes many studies backing up his fears about what happens to kids who spend so little time outdoors. But the book does not read like a textbook, and the author does not sound like he's on a soapbox. He obviously wrote the book because he dearly loves nature, and loves teaching kids about it by being a "co-adventurer", not an expert who is going to immediately answer their every question. Children need to explore and find the answer to

questions on their own, too. The author definitely does not want to see all outdoor adventures turned into more "play dates" or rigidly planned activities. My only complaint about Dr.

I've never - or least rarely have - been tempted to write TL:DR as a review, as I have been with this book. Doctor Scott of Dinosaur Train endeared himself to me when my kids were younger, and I'd no more diss him than my beloved Bill Nye, or Neil deGrasse Tyson. But the thing is, your fairly typical *involved* PBS parent, the parent who watches NOVA with the kids and is aware of the dangers of protecting their kids too *much* from dirt and germs, who avidly follows the current stories about Free Range Kids vs. prevailing cultural mores, who is already cognizant that each and every human living on earth is a teeming ecosystem under his or her self...already knows a lot of what Dr. Samson has to say. It's all come across our RMS feeds and it's queued for weekend family filmfest of Netflix and documentaries. I did find the author's anecdotes about his daughter, Jade, both charming and affecting, insofar as I can relate. I've had too few of those moments myself, really, as a parent, at least as compared to my own California childhood. Part of that equation is the simple sad truth that not every part of the country has a population and government that is equally invested in preserving natural spaces - even urban natural spaces - in keeping parks funded, in fostering conservation, and in giving families reasonable, convenient access to such spaces, even if things like a disability potentially stand in the way. But in the main, the author did an awful lot of preaching to the choir, and explications of matters that have come to reasonable prominence in recent years as pertains to his topic.

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