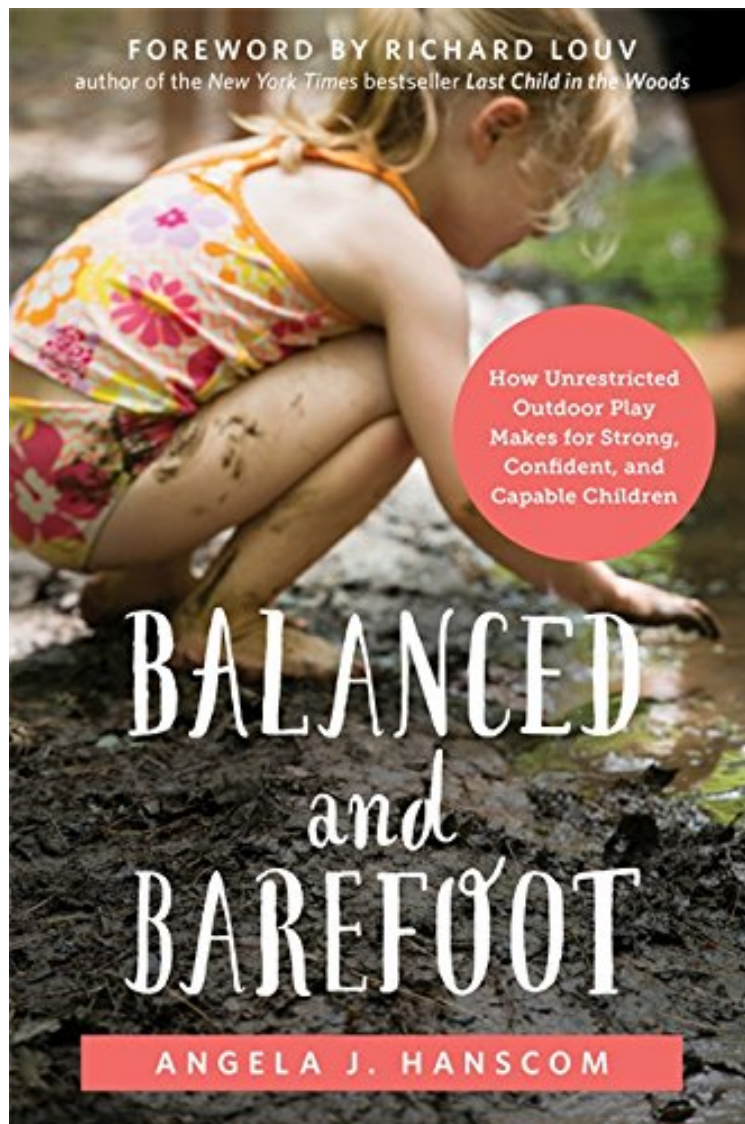


(Mobile library) *Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children*

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

*Angela J. Hanscom*

*ePub | \*DOC | audiobook | ebooks | Download PDF*



[Download](#)

[Read Online](#)

#22286 in Books New Harbinger Publications 2016-04-22Original language:EnglishPDF # 1 9.00 x .80 x 6.00l, .0 #File Name: 1626253730256 pagesBook full of helpful information about the benefits of letting your children play outside freely.Encourages outdoor exploration, parent-child bonding, creative play, exercise.A brilliant source of tips and advice for enjoying the benefits of the great outdoors!Learn about why and how outdoor play is so beneficial.Written by pediatric occupational therapist and founder of timbernook angela j. Hanscom. | File size: 43.Mb

**Angela J. Hanscom : Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children** before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children*:

1 of 1 people found the following review helpful. *Relatable text* By Jessica Murgatroyd I am thoroughly enjoying this book. I purchased it as part of an independent course I am taking as a teacher and have found a lot of information that is applicable to my students and my own children. There's a lot in the book that I can pull from when I need to back my beliefs as a parent (and a teacher) who allows her children to get messy and explore the outdoors. 2 of 2 people found the following review helpful. The author does a great job giving the reader enough information without it becoming ... By Allison Jackson This is an important book, and should be read and discussed by every EC Educator. The author does a great job giving the reader enough information without it becoming too text book, and the message cannot be missed! 1 of 1 people found the following review helpful. This book is a great resource to parents and professionals alike. By Customer This book is a great resource to parents and professionals alike! It provides powerful information regarding the importance of both nature and independent play opportunities in children's lives, as well as suggestions for how to make positive changes in both one's family and community. With the conversation about getting children outdoors and learning through play reaching ever more people, this book provides a way to spread the message with information that is both well-researched and applicable to family life.

"Angela Hanscom is a powerful voice for balance." Richard Louv, author of *Last Child in the Woods* In this important book, a pediatric occupational therapist and founder of TimberNook shows how outdoor play and unstructured freedom of movement are vital for children's cognitive development and growth, and offers tons of fun, engaging ways to help ensure that kids grow into healthy, balanced, and resilient adults. 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 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 strategies 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 little things you can do anytime, anywhere to help your kids achieve the movement they need to be happy and healthy in mind, body, and spirit.