

# NATURE EXPLORERS

MAGAZINE





welcome

*to*

term

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We would like to welcome the new Explorers that joined the group.

All the team is very excited about the adventures ahead!



# Understanding Children's Nature Deficit

CHILDREN ARE NO LONGER SPENDING TIME PLAYING OUTSIDE. TODAY'S KIDS SPEND SIX AND A HALF HOURS A DAY "PLUGGED INTO" ELECTRONIC MEDIA. RESEARCH SHOWS THAT CHILDREN ARE SPENDING HALF AS MUCH TIME OUTSIDE AS THEY DID 20 YEARS AGO. MEANWHILE, THE CHILDHOOD OBESITY RATE HAS MORE THAN DOUBLED AND THE ADOLESCENT OBESITY RATE HAS TRIPLED. DOCTORS WARN THAT, FOR THE FIRST TIME IN HISTORY, LIFE EXPECTANCY MAY ACTUALLY DECREASE BECAUSE OF THE HEALTH IMPACTS OF THE CURRENT CHILDHOOD OBESITY EPIDEMIC. IN HIS 2005 BOOK, LAST CHILD IN THE WOODS, RICHARD LOUV GIVES THIS ALARMING PROBLEM A POWERFUL NAME. TODAY'S KIDS SUFFER FROM A "NATURE DEFICIT."

THE CONTRIBUTORS FOR THIS DISORDER ARE BROADER: FEAR OF STRANGERS, TRAFFIC HAZARDS AND LACK OF SAFE OPEN SPACE; LIABILITY; CONCERNS ABOUT INSECT BITES, BEE STINGS, AND ITCHY PLANTS; AND COMPETITION FOR OUTDOOR TIME FROM VIDEO GAMES AND ELECTRONIC MEDIA.

# Spring!

***Digging, lifting, climbing, jumping, running, flying ... yes flying! When you're a young child anything feels possible. Do you remember when you were a child? Were you 'allowed' outside in the afternoons and evenings, weekends and holidays? the days seemed to stretch on forever, especially in the summertime . No one told you what to do, no one was dictating your play - the sense of freedom was euphoric! Somewhere along the way life became so busy and complicated that children's free time has got smaller and smaller and at times it only involves screen time - life in a single dimension.***

***With the beginning of spring it's time to get out and reconnect with nature and all her wonders. Exploring new growth, new animals, birds, insects etc. Young children need little encouragement to appreciate what we tend to take for granted.***

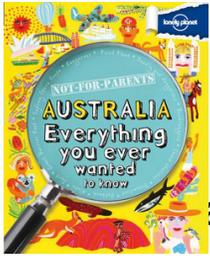
***Nothing compares to the new growth on trees, flower buds, baby creatures everywhere, explore your own inner scientist with your child and get down on the ground, there is a wonderful world going about it's business at your feet! Incorporate a little science by setting up a small dish of sugar water, honey water, breadcrumbs and anything else that may attract 'creatures' to your back yard. Wait and watch, or take some time lapse photos together and see who lives in your backyard.***

***Reliving the wonder of nature is a treasure trove of joy for us all!***



## NATURE EXPLORERS

### ➔ Armchair Explorer



Not for Parents:  
Australia.  
Everything you  
always wanted to  
know

Let your Australian adventure begin! Read fascinating tales about toothy sharks, giant rocks and snappy crocs, bushranger baddies and explorers galore. Check out cool stories about a famous coat hanger, underground hotels, a super-fast horse and a very rough race. You'll find flying doctors and flying fruit flies, flesh-eating spiders and thieving convicts. This book shows you an Australia your parents probably don't even know about!



happy birthday Bohdi!

### ➔ Useful App



## Nature Passport

Do you love adventure?  
Then become a nature explorer! The Nature Passport has lots of fun missions that will take you on adventures from your backyard to the great outdoors. Play! Explore! Learn! Geocache! Complete missions to earn Badges.



## MICROADVENTURES

### ➔ O'Reilly's Tree Top Walk



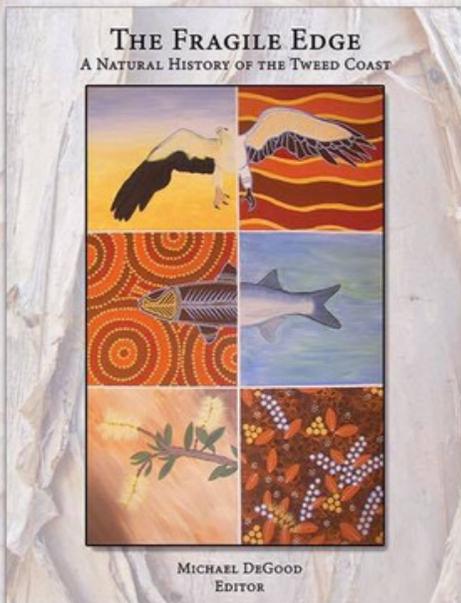
The Tree Top Walk consists of 9 suspension bridges up to 16 metres above ground. Enjoy a bird's eye view from a deck 30 metres above ground in a fig tree over the walkway.

The Tree Top Walk, was the first of its kind in Australia, is 180 metres in length. It consists of 9 suspension bridges, with much of the walkway being 15 metres above the ground. Enjoy a bird's eye view from a deck 30 metres above ground in a fig tree over the walkway.!

## At Long Last...

**Book Launch:** *The Fragile Edge - A Natural History of the Tweed Coast*

Over 400 pages covering: Geology • Climate and Oceanography • First People  
Human Impacts • Flora • Fauna • Nearshore • The Ecological Landscape



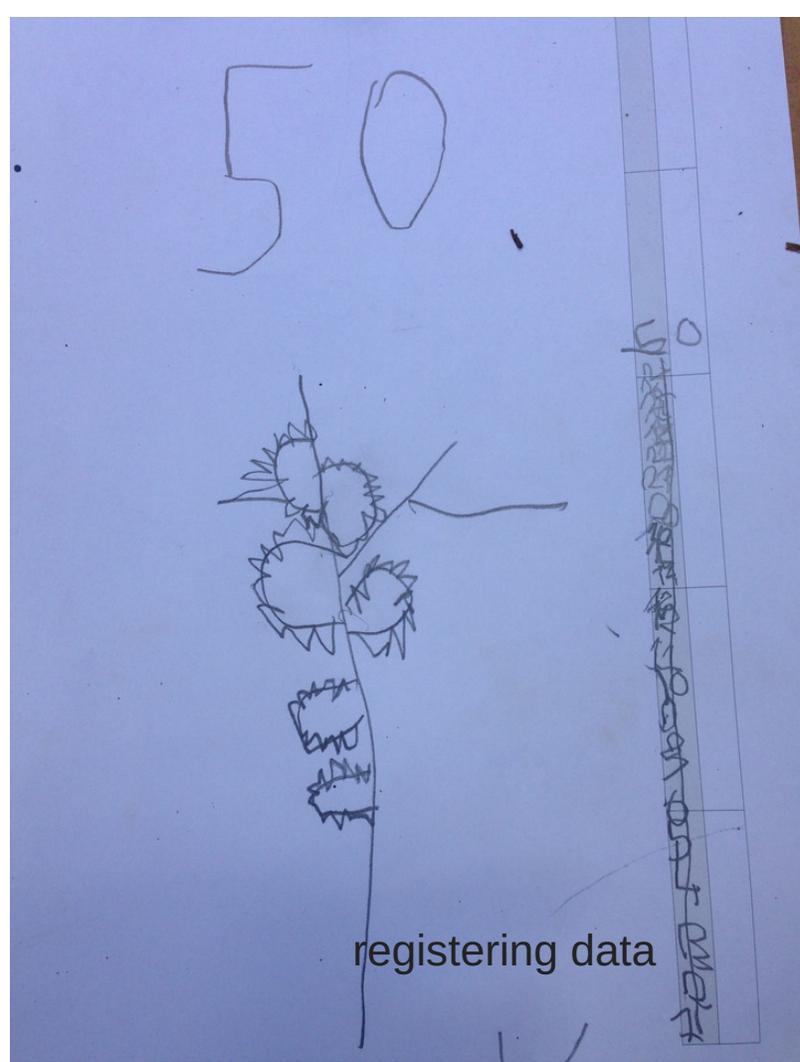
**WHERE:** Les Burger Fields (Cabarita Beach/Raiders Sports Facility)

**WHEN:** 3:00pm, Saturday October 29

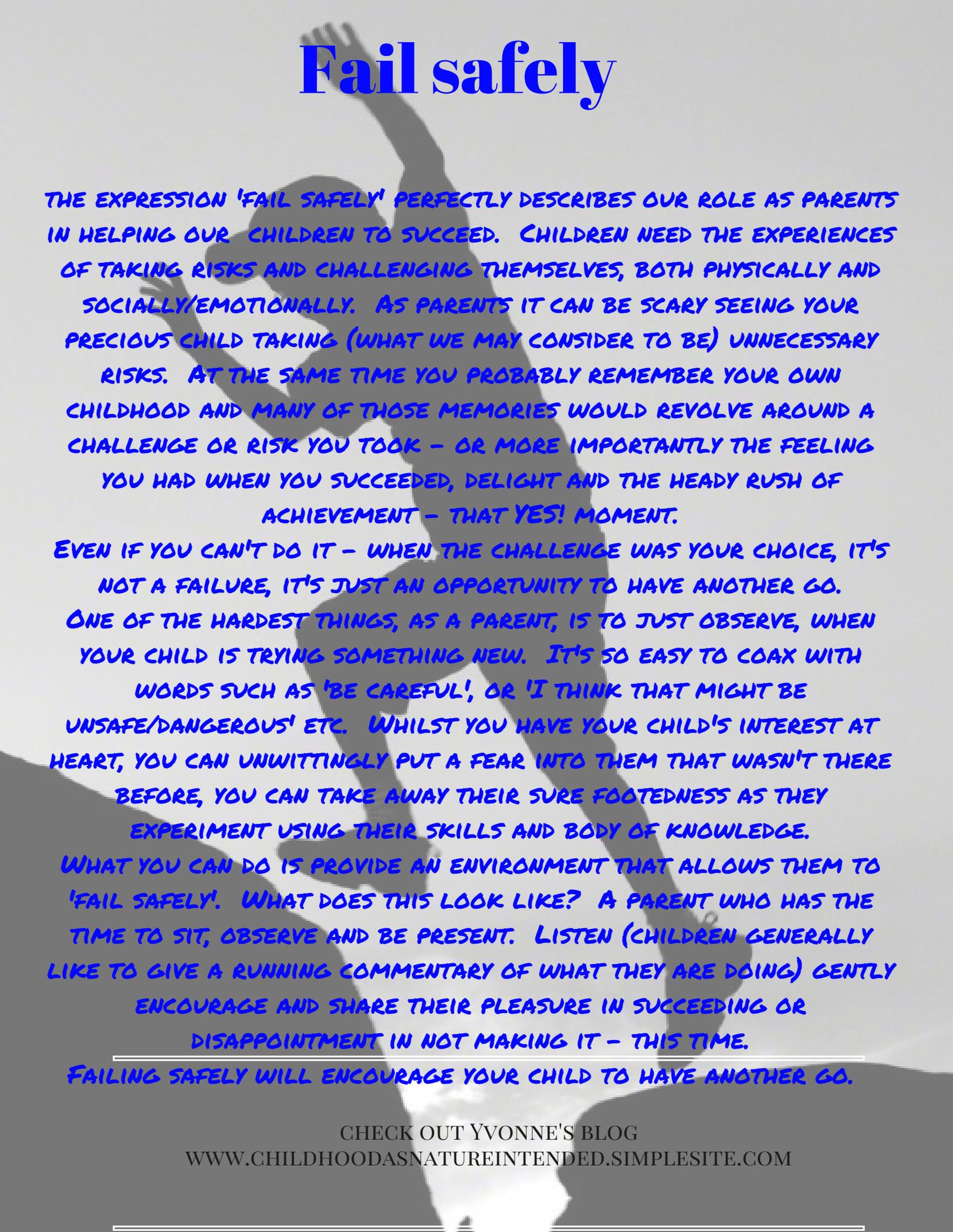
**ON THE DAY:** The editor and guest speakers, by way of a video display of the stunning imagery contained within the book, will take the audience through a journey highlighting some of the stories behind the photos and graphics, the making of the book, and an introduction to some of the experts, photographers and artists that contributed. Sausage sizzle and refreshments available for nominal purchase following the presentation.

**ALL WELCOME!**





# Fail safely



THE EXPRESSION 'FAIL SAFELY' PERFECTLY DESCRIBES OUR ROLE AS PARENTS IN HELPING OUR CHILDREN TO SUCCEED. CHILDREN NEED THE EXPERIENCES OF TAKING RISKS AND CHALLENGING THEMSELVES, BOTH PHYSICALLY AND SOCIALLY/EMOTIONALLY. AS PARENTS IT CAN BE SCARY SEEING YOUR PRECIOUS CHILD TAKING (WHAT WE MAY CONSIDER TO BE) UNNECESSARY RISKS. AT THE SAME TIME YOU PROBABLY REMEMBER YOUR OWN CHILDHOOD AND MANY OF THOSE MEMORIES WOULD REVOLVE AROUND A CHALLENGE OR RISK YOU TOOK - OR MORE IMPORTANTLY THE FEELING YOU HAD WHEN YOU SUCCEEDED, DELIGHT AND THE HEADY RUSH OF ACHIEVEMENT - THAT YES! MOMENT.

EVEN IF YOU CAN'T DO IT - WHEN THE CHALLENGE WAS YOUR CHOICE, IT'S NOT A FAILURE, IT'S JUST AN OPPORTUNITY TO HAVE ANOTHER GO. ONE OF THE HARDEST THINGS, AS A PARENT, IS TO JUST OBSERVE, WHEN YOUR CHILD IS TRYING SOMETHING NEW. IT'S SO EASY TO COAX WITH WORDS SUCH AS 'BE CAREFUL', OR 'I THINK THAT MIGHT BE UNSAFE/DANGEROUS' ETC. WHILST YOU HAVE YOUR CHILD'S INTEREST AT HEART, YOU CAN UNWITTINGLY PUT A FEAR INTO THEM THAT WASN'T THERE BEFORE, YOU CAN TAKE AWAY THEIR SURE FOOTEDNESS AS THEY EXPERIMENT USING THEIR SKILLS AND BODY OF KNOWLEDGE. WHAT YOU CAN DO IS PROVIDE AN ENVIRONMENT THAT ALLOWS THEM TO 'FAIL SAFELY'. WHAT DOES THIS LOOK LIKE? A PARENT WHO HAS THE TIME TO SIT, OBSERVE AND BE PRESENT. LISTEN (CHILDREN GENERALLY LIKE TO GIVE A RUNNING COMMENTARY OF WHAT THEY ARE DOING) GENTLY ENCOURAGE AND SHARE THEIR PLEASURE IN SUCCEEDING OR DISAPPOINTMENT IN NOT MAKING IT - THIS TIME.

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FAILING SAFELY WILL ENCOURAGE YOUR CHILD TO HAVE ANOTHER GO.