



I am no expert in parenting practices. And let me be clear that all of our summer explorations have not been heavenly experiences with all genre voices singing on in the distance. Of course, everything has its moments...

point onward. One thing is true though. Few of the ideas out there in the parenting world are as simple as lacing up your shoes and stepping outdoors.

Over the past decade we have all been reading more and more about the decline of outdoor play and unstructured play for children. Entire volumes can and have been written on the subject. Dick and Jane looked

news to us this indoor sedentary experience linked to a trend of mental health problems.

In this fast paced world, with such an emphasis on high academics, some schools have reduced class size to maximize teaching time. The American Academy of Pediatrics warns of a decline in response to their federal education policies threaten free play and free play time. For example, the report stated that "free and unstructured play is healthy and - in fact - essential for helping children reach important social, emotional, and cognitive developmental milestones, as well as helping them become more resilient."<sup>2</sup>

babies take great conspicuous delight when they experience warm water or a breeze on their skin.

**Play.** It is the magic of childhood. In the book *The Childhood Roots of Adult Happiness*, Edward Hallowell, MD,

from which our children build their creativity and imagination.

Summer is nearly upon us. The gift of summer will find us from *Sanctuaries of Childhood*, by Shea Darian.

the face of every flower we meet, let us take more time in our daily journey to get our hearts above and infuse our minds with the glow of sunlight.<sup>4</sup>

<sup>1</sup> Louv, page 32  
<sup>2</sup> aap.org  
<sup>3</sup> Hallowell, page 103  
<sup>4</sup> Darian, *Sanctuaries of Childhood*