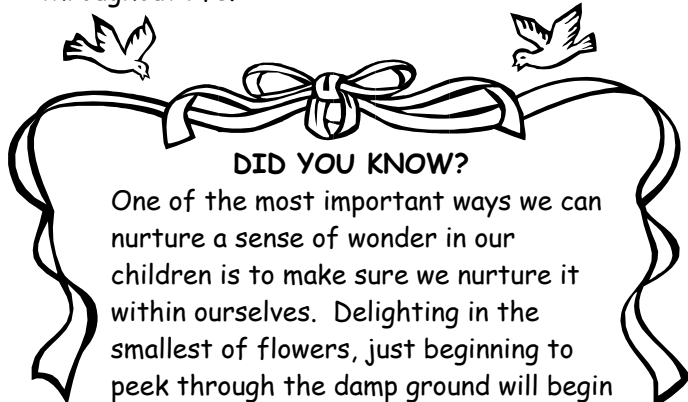


# PARENT NOTES

## NURTURING A SENSE OF WONDER IN OUR CHILDREN

As winter begins to wane and days become longer and warmer it is time to peel the layers of warm clothing off our children and wander over to the park, back yard, and garden to renew our sense of wonder with the natural world.

Rachel Carson says, "If I had influence with the good fairy, who is supposed to preside over the christening of all children, I should ask that her gift to each child in the world be a sense of wonder so indestructible that it would last throughout life."





### DID YOU KNOW?

One of the most important ways we can nurture a sense of wonder in our children is to make sure we nurture it within ourselves. Delighting in the smallest of flowers, just beginning to peek through the damp ground will begin an exploration that will delight both you and your child.


## FAMILY FUN


Here are some activities to explore this season with your family:

 Clear an area in your yard for a children's garden. Work with your children to prepare the soil using compost from natural elements.

 Spend a lot of time designing the garden using art supplies and ample imagination.

Fairy gardens, pirate gardens, hidden treasure gardens, frog gardens... anything will do!

 Go to a local plant store and visit with the flowers and plants. Watch and see what your child is drawn to. Say the names of the plants and flowers to your baby as you walk through the greenhouse.

 Introduce your babies and children to the natural world around your neighborhood. Pick a favorite tree and visit it often. Learn the names of the plants, birds, squirrels, and insects that live with you in your yard.

### Seattle Tilth

<http://www.seattletilth.org/>

For more garden ideas, check out this web site. "Seattle Tilth inspires and educates people to garden organically, conserve natural resources, and support local food systems in order to cultivate a healthy urban environment and community."

## BUILD A MAGICAL MOSS GARDEN

### You will need:

1. One pie tin (*can be either glass or metal*)
2. A mother or father willing to go outside
3. A warm coat
4. Snack (*cheese puffs are great*)
5. Boots
6. Walk to a nearby park

### Then:

1. Find a nice thick patch of moss
2. Put your hands on it and feel how cool and soft it is
3. Find a place where you can take some so it won't be noticed
4. Peel up a piece to fit in the pie tin
5. Look at all the cool bugs that live underneath
6. Put the moss in the pie tin
7. Gather small plants stones and flowers for the garden
8. Water well (*but not too well or it will spill*)
9. Get out small dolls and creatures and place them in their new magical place.