



# How to Raise a Wild Child: The Art and Science of Falling in Love with Nature

By Scott D. Sampson

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**From the beloved host of PBS Kids' *Dinosaur Train*, an easy-to-use guide for parents, teachers, and others looking to foster a strong connection between children and nature, complete with engaging activities, troubleshooting advice, and much more**

American children spend four to seven minutes a day playing outdoors—90 percent less time than their parents did. 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 illness, and boost academic scores. Most critical of all, abundant time in nature seems to yield long-term benefits in kids' cognitive, emotional, and social development.

Yet teachers, parents, and other caregivers lack a basic understanding of how to engender a meaningful, lasting connection between children and the natural world. *How to Raise a Wild Child* offers a timely and engaging antidote, showing how kids' connection to nature changes as they mature.

Distilling the latest research in multiple disciplines, Sampson reveals how adults can help kids fall in love with nature—enlisting technology as an ally, taking advantage of urban nature, and instilling a sense of place along the way.

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## **How to Raise a Wild Child: The Art and Science of Falling in Love with Nature** By Scott D. Sampson **Bibliography**

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### Editorial Review

#### Review

"Scott Sampson is one of the leaders of the emerging new nature movement, which places great focus on human health and well-being, particularly for children. In *How to Raise a Wild Child*, he combines an elegant testimony to the power of the natural world with practical tips for anyone who cares for children. 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*

"We all know by now that nature is good for kids, but crossing the threshold into the natural world can seem daunting and overwhelming. Don't despair, because Scott Sampson has provided us with an instruction manual on how to help our children fall in love with nature. With wisdom, intellect, and empathy, he provides us with a bounty of simple yet profound ways we can enter this natural world, oftentimes starting in our very own backyards. And if we can take the first step of simply going outside with them, he will help us with the rest."

—Lili Taylor, actor, mom, and board member of the American Birding Association

"Scott Sampson makes a powerful case that connecting people with nature is one of the most pressing issues of our time. Becoming a nature mentor to the kids in our lives is critical not just for the health of youngsters, but also for the places we love and live in. In the end, saving nature—indeed navigating a sustainable path into the future—demands that we find paths to help kids connect and fall in love with nature. With *How to Raise a Wild Child*, Sampson offers us a map to help us on this journey. And the best part is that we're going to have a lot of fun along the way!"

—Dr. M. Sanjayan, host of PBS' *Earth: A New Wild* and senior scientist and executive vice president at Conservation International

#### From the Inside Flap

The average North American child now spends about seven hours a day staring at screens and mere minutes engaged in unstructured play outdoors, a dramatic transformation within the past generation. 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.

To date, no book has offered teachers, parents, and other caregivers the necessary tools to engender a meaningful, lasting connection between children and the natural world. *How to Raise a Wild Child* is a timely and engaging antidote, showing how kids' connection to nature changes as they mature, and empowering grown-ups to be strong mentors.

Distilling the latest research in multiple disciplines, Scott Sampson reveals how adults can help kids fall in love with nature—enlisting technology as an ally, taking advantage of urban nature, and instilling a deep

sense of place along the way.

From the Back Cover

Advance praise for *How to Raise a Wild Child*

“Scott Sampson is one of the leaders of the emerging new nature movement, which places great focus on human health and well-being, particularly for children. In *How to Raise a Wild Child*, he combines an elegant testimony to the power of the natural world with practical tips for anyone who cares for children. 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, knowledge, and, to children, the priceless gift of wonder.”

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### **From reader reviews:**

#### **Patrick Myers:**

In this 21st one hundred year, people become competitive in each way. By being competitive currently, people have do something to make these survives, being in the middle of often the crowded place and notice through surrounding. One thing that at times many people have underestimated that for a while is reading. Yes, by reading a reserve your ability to survive increase then having chance to endure than other is high. For you personally who want to start reading a book, we give you this kind of *How to Raise a Wild Child: The Art and Science of Falling in Love with Nature* book as beginner and daily reading publication. Why, because this book is more than just a book.

#### **Valerie Herrera:**

Here thing why this *How to Raise a Wild Child: The Art and Science of Falling in Love with Nature* are different and dependable to be yours. First of all looking at a book is good however it depends in the content of it which is the content is as tasty as food or not. *How to Raise a Wild Child: The Art and Science of Falling in Love with Nature* giving you information deeper including different ways, you can find any book out there but there is no e-book that similar with *How to Raise a Wild Child: The Art and Science of Falling in Love with Nature*. It gives you thrill studying journey, its open up your own eyes about the thing this happened in the world which is probably can be happened around you. You can easily bring everywhere like in area, café, or even in your way home by train. When you are having difficulties in bringing the published book maybe the form of *How to Raise a Wild Child: The Art and Science of Falling in Love with Nature* in e-book can be your option.

**Lorretta Cox:**

How to Raise a Wild Child: The Art and Science of Falling in Love with Nature can be one of your starter books that are good idea. We recommend that straight away because this book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to set every word into pleasure arrangement in writing How to Raise a Wild Child: The Art and Science of Falling in Love with Nature although doesn't forget the main point, giving the reader the hottest as well as based confirm resource details that maybe you can be certainly one of it. This great information could drawn you into brand new stage of crucial thinking.

**Joyce Shryock:**

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