Let Your Child Interact with Nature by Manishpaull

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With the passage of time, it seems everything has undergone a vivid change. Children as compared to the children of earlier days are completely different when it comes to their everyday activities. Children of the 21st century, hardly get involved with outdoor games. They rather prefer to choose computer games or video games in TV. If they are asked to name ten trees, majority of them will surely fail to name them.

They give an alien expression to many vegetables, when they get to see one. In fact, these days, parents also do not let their children to stay in contact with nature. They themselves encourage their kids to get involved with digital games or to go to games parlors. They do not realize that how important it is for their kids know what nature exactly is. They need to be connected with nature because of the following reasons:

â€¢ According to some educationists, the chance of exploring nature helps the kids to improve their span of attention and capacity to learn.

â€¢ It has been proved after many researches that, exposure to greenery reduces the signs of â€œAttention Deficit Disorderâ€• in children.

â€¢ Exposure to the green world of fresh air and exercise keep the kids physically and mentally healthy.

â€¢ The more kids are exposed to nature, more they stay fit.

Children often show their reluctance to go outside for sports. In such cases, parents, teachers or anybody who is a guardian of the children should develop a sense of love for nature within the children. They also should follow the following steps to do so:

1. Before you make your children nature lover, you yourself try to love nature. Give exposure to your children to the natural world from a very early age. Ask them to play in the garden and also do not scold them always if they pluck flowers and leaves from the plants. Teach the names of plants and animals to your children.

2. While gardening, involve your children into it. This will help them to get in touch with the soil and in this way they can get to know about different kinds of worms, insects and different interesting creatures. They also get to learn how to care for plants and help them to grow and develop. Try to make them plant a sapling every year.

3. Make often visits to any nearby zoo or botanical garden and do not forget to take your kids along with you. At least, do not miss the plan of going to a zoo in any of the vacations. Try the most that your children can see some species of flora and fauna.

4. While watching Television, try to watch channels like Discovery, national Geographic and Animal kingdom. This will make them familiar with different kinds of animals and plants.

5. Even when you gift them any book, try to gift them a book that is based on nature. It helps them to be accustomed with the nature, even if they are not very much in contact with it.

It is only you who can develop the sense of getting closer to nature in your children. Therefore, do

not leave a single chance to make your children familiar with nature.

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