

Stay Cool, Nature Kids!

CLIMATE ADAPTATIONS AROUND YOUR HOME

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As eco-conscious parents, we're no strangers to the ever-changing climate. From extreme summer heat waves and icy winters to floods and wildfire smoke, our kids are experiencing it all alongside us. How can we as families prepare for emergencies and come together to be resilient for our communities?

CLIMATE SMART

Trying to make a difference can feel overwhelming as we experience these new seasonal events. At NatureKids, we believe that learning about nature, feeling connected to it, and taking care of it can collectively create conditions for systemic change. We think that being climate smart builds momentum and hope. Parents can listen to their children's questions, engage them in activities that create that hope, and learn about solutions together. We can be positive role models, involving them in our efforts and acknowledging our kids when we see them making a difference.

5 Easy Adaptations

1. Green your outdoor space: Invite your children to help create and maintain a garden of fruits and vegetables by planting, watering, and harvesting together.
2. Learn about the importance of soil and plant life cycles.
3. Set up a rain barrel to collect water for outdoor use.
4. Swap out your lawn, or parts of it, with more drought-tolerant plants.
5. Support healthy habitats for our wildlife family friends in your yard by building a birdhouse or bat house (called a roost) with your kids.

Top: j.chizhe / Depositphotos.com



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THE 3 Rs

There are many ways for us to reduce, reuse, and recycle:

- » Create a compost bin for your home; talk to your schools and offices about starting a composting program there too
- » Begin a family challenge to try a zero-waste mindset and see what creative ideas emerge
- » Find DIY projects to repurpose old household items and give them new meaning
- » Donate or swap unused, high-quality items that might be loved by a new home through community programs
- » Keep up the basics, and be water wise: challenge everyone to conserve water in your household

BE READY, BE SAFE

Build an emergency plan together as a family in case the worst happens. How will you respond as a team, and can your plans include a moment to check in on our vulnerable elderly neighbours and beloved pets too?

To go deeper into your exploration of the issues with your kids, visit:

- » NASA's Climate Kids¹
- » National Geographic Kids²
- » Government of Canada's Climate Kids³
- » FireSmart Canada⁴

We can create climate-smart neighbourhoods, where each of our families is empowered to learn and take actions that build a healthier, more resilient future. [EPA](#)

For references visit ecoparent.ca/EXTRAS/SUM24



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The Exploration Club for Families... NatureKids BC helps children get outdoors to play, imagine and explore in nearby nature. Join a family nature club near you or become a free-range member. Find out more at www.naturekidsbc.ca. If you are already a member you can use this activity as part of your Action Awards Quest!

