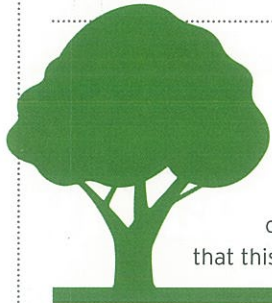


GREEN TIPS / GROWING UP GREEN

➔ October is Children's Health Month. Since our young people will inherit the environment we leave them, consider the following tips to help make kids and Mother Earth healthier and happier. **BY RHEA MAZE**



daily dose

The National Wildlife Federation recommends that all kids have one "green hour" per day of unstructured time to play outside and interact with nature. Scientific evidence confirms that this works wonders for a child's mind, body, and spirit.

MAKE A WISH

Kids' birthday parties need not result in an overflowing trash can. To cut down on packaging, serve pitchers of water or lemonade rather than juice boxes. Have kids bring an unwrapped book or puzzle from home to swap, so everyone takes home something "new." Skip the junk-filled goodie bags and organize a craft project or outdoor activity instead.

MUD PIES

Studies show that simple contact with good old-fashioned dirt through digging holes, gardening, and making mud pies improves a child's mood, reduces stress and anxiety, and exposes him or her to healthy bacteria that builds the immune system and lowers the risk of developing asthma or allergies.

GET MOVING

American kids spend an average of 44 hours a week in front of an electronic screen. In the past 20 years, childhood obesity rates have more than doubled, and children are spending 50 percent less time outside. Help your kids find activities that get their blood flowing and won't ruin their eyes.

GET CONNECTED

Introduce your teen to local outdoor organizations such as www.planetconnect.org, which inspires youth to learn about environmental issues, explore green colleges and careers, and share ideas about protecting the planet.

Buy non-plastic, non-toxic toys and recyclable glass bottles for the babies in your life. Even better, shop for them at secondhand stores. Use cloth diapers, or sign up for a compostable diaper service that delivers clean, biodegradable diapers to your door and hauls away the dirty ones to a local composting facility rather than a landfill.

ALL ABOUT BABY

JOIN THE MOVEMENT

October 7, 2012 is International Walk to School Day. Get out your sneakers and go.

LISTEN TO EUCALYPTUS MAGAZINE'S DAILY GREEN TIPS ON THE RADIO AT MIX 106.5 AND 94.5 KBAY.

SOURCES: WWW.NWF.ORG, HTTP://EPA.GOV, WWW.ENVIROMOM.COM

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