



Saving Our Environment

Your child is our future. It is important to teach your child about the environment. The skills that your child learns by helping to save our planet will also help prepare him to be a more responsible child, student and adult.

INFANT:

- There are many things we can recycle besides bottles, cans and paper products. When your baby has outgrown toys, books and clothing, pass them on to her younger siblings or to other babies you know.
- When purchasing bottles, choose those labeled #1, #2 or #4. Others may contain a potentially harmful chemical called Bisphenol A (BPA), which can be potentially harmful to your baby (as well as the Earth.)
- When painting your baby's nursery, avoid latex-based paint, which can emit chemicals that are bad for the atmosphere. Instead, look for paint labeled "low-VOC (Volatile Organic Compounds)," which contains limited amounts of harmful chemicals.

TODDLER:

- When your child colors, ask him why he thinks it is important to use both sides of the paper.
- Talk with your child about why it is important not to throw trash on the ground. Ask him what he thinks would happen if everybody threw their trash on the ground instead of in a trash can.
- Have a conversation with your child about the importance of the Earth as our only "home." Ask your child, "Why should we take care of our home?"

PRESCHOOLER:

- Plant a tree with your child. When planting the tree, talk with your child about how trees help us breathe. Talk with your child about how trees get cut down to build new things such as houses, malls, etc. Tell him that every time a tree is cut down it is important to plant a new one.
- Make a list with your preschooler about ways that your family can help save the environment. Turning off the water while brushing your teeth, recycling bottles and cans, and carpooling to school are examples.
- Teach your child the words "recycle, reduce, and reuse." As you recycle, reduce and reuse, make sure you explain to your child what you are doing.

Book Suggestions:

I Love Our Earth. Bill Martin Jr. & Michael Sampson. Charlesbridge Publishing. 2009.
Recycle, A Handbook for Kids. Gail Gibbons. Little, Brown Young Readers, 1996.
The Giving Tree. Shel Silverstein. HarperCollins, 1964.
Why Should I Save Energy? Jen Green. Barron's Educational Series, Inc., 2005.