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OCT
2017

RESOURCES, NEWS & INFORMATION FOR ADOPTIVE FAMILIES IN TEHAMA COUNTY

TOGETHER on purpose

Tehama County Department of Social Services Adoptive Families are invited to a ...

NATIONAL ADOPTION MONTH CELEBRATION!

November 9 - 6:00-8:00 PM
at the Red Bluff Community Center

★ **FUN FOR THE WHOLE FAMILY** ★

BRING THE KIDS!! This is a for-the-whole-family event, with kid-friendly meal choices!

★ **ALL TCDSS ADOPTIVE FAMILIES WELCOME** ★

Please RSVP: (530) 838-1444

WHAT'S GOIN' ON? Coming Events & Activities

OCTOBER 2017

26 Kinship Support Group (Chico)
Thursday, October 23, 11:30AM - 1PM, Lilliput Children's Services, 289 Rio Lindo Ave. Chico. Come share with other families in the KSSP group. Lunch will be provided! Please contact Lilliput at 530-896-1920 or email chico.office@lilliput.org if you have any questions.

31 Halloween Photo Shoot at Studio530
Tuesday, October 31, 2-5PM, Studio530, 625 Walnut St., Red Bluff. Bring donations of canned food items or diapers and get a FREE 4x6 print photo in your costumes with their VERY SPECIAL HALLOWEEN SET! All donations go directly to Alternatives to Violence for use in their Domestic Violence Emergency Shelter.

NOVEMBER 2017

9 National Adoption Month Celebration

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14 Fetal Alcohol Spectrum Disorder Group (FASD) (Chico)
Tuesday, November 14, 9:30-11:30AM, Lilliput Children's Services, 289 Rio Lindo Ave. Chico. Marji Thomas, MA, CCC is facilitating this new support group, focusing on Fetal Alcohol Spectrum Disorder. The FASD Support Group will provide general information, resources, referral information and provide a supportive circle for you and your family. Please join us every month for this new and informative support group. For more information, contact Alice McKee, MSW-530.828.8731 AMcKee@Lilliput.org.

21 Together on Purpose Adoptive Parents Group
NEW DAY & TIME:
Tuesday, November 21, 6 - 7PM
Alternatives to Violence Counseling Center, 20 Antelope Blvd., Red Bluff (on the corner of Antelope Blvd. & Rio St., in the same complex as the Copy Center). Come meet Natalie Peterson, new Together on Purpose program lead, and get in on the ground floor of the new and improved Together on Purpose. This is your big chance to tell us what kind of services YOUR family would find valuable. **Free childcare provided on-site.** All adoptive families welcome. For more information, call 530-528-0300 or email npeterson@atvr.org.
We look forward to seeing you there!

23 Kinship Support Group (Chico)
Thursday, November 23, 11:30AM - 1PM, Lilliput Children's Services, 289 Rio Lindo Ave. Chico. Come share with other families in the KSSP group. Lunch will be provided! Please contact Lilliput at 530-896-1920 or email chico.office@lilliput.org if you have any questions.

25 Red Bluff Christmas Parade
Saturday, November 25, 5:30PM, Downtown Red Bluff. Bring the whole family downtown to kick off the holiday season at one of Red Bluff's favorite annual events. ... We hear that a certain jolly man likes to attend with his entourage of reindeer and elves ... Be sure to arrive early to get a good spot to watch. **FREE EVENT**



More Resources for Adoptive Families:

Support Groups:

Yuba, Sutter, Colusa, Glenn Counties
For Support Groups held in Yreka, Mt. Shasta, Orland or Sacramento contact Leslie Damschoder at 530.879.3861

Butte County Post Adoptive Services
Support Group, Drop in Assistance, WRAP Family Support Group ... For info, call Miko: 530-209-0817, Heather: 916-475-7198 or Deborah: 530-896-1920

Education:

Sierra Forever Families
Seminars on topics like Attachment, Understanding Poverty, Understanding Trauma, and more. Leslie Damschoder 530.879.3861

The Attach Place
Center for Strengthening Relationships
3406 American River Drive, Suite D
Sacramento, CA 95864
ce@attachplace.com (916) 403-0588

Nature Deficit Disorder is an Actual Thing.

From Wikipedia, the free encyclopedia:

Nature deficit disorder is a phrase coined by Richard Louv in his 2005 book *Last Child in the Woods* meaning that human beings, especially children, are spending less time outdoors resulting in a wide range of behavioral problems. This disorder is not recognized in any of the medical manuals for mental disorders, such as the ICD-10 or the DSM-5. Evidence was compiled and reviewed in 2009. Richard Louv has stated "nature-deficit disorder is not meant to be a medical diagnosis but rather to serve as a description of the human costs of alienation from the natural world".

Louv claims that causes for the phenomenon include parental fears, restricted access to natural areas, and the lure of electronic devices. Recent research has drawn a further contrast between the declining number of National Park visits in the United States and increasing consumption of electronic media by children.

Causes:

Parents are keeping children indoors in order to keep them safe from danger. Richard Louv believes we may be protecting children to such an extent that it has become a problem and disrupts the child's ability to connect to nature. The parent's growing fear of "stranger danger" that is heavily fueled by the media, keeps children indoors and on the computer rather than outdoors exploring. Louv believes this may be the leading cause in nature deficit disorder, as parents have a large amount of control and influence in their children's lives.

Loss of natural surroundings in a child's neighborhood and city. Many parks and

nature preserves have restricted access and "do not walk off the trail" signs. Environmentalists and educators add to the restriction telling children "look don't touch". While they are protecting the natural environment Louv questions the cost of that protection on our children's relationship with nature.

Increased draw to spend more time inside. With the advent of the computer, video games, and television children have more and more reasons to stay inside—the average American child spends 44 hours a week with electronic media.

Effects:

Children have limited respect for their immediate natural surroundings. Louv says the effects of nature deficit disorder on our children will be an even bigger problem in the future. "An increasing pace in the last three decades, approximately, of a rapid disengagement between children and direct experiences in nature...has profound implications, not only for the health of future generations but for the health of the Earth itself". The effects from nature deficit disorder could lead to the first generation being at risk of having a shorter lifespan than their parents.

Attention disorders and depression may develop. "It's a problem because kids who don't get nature-time seem more prone to anxiety, depression and attention-deficit problems". Louv suggests that going outside and being in the quiet and calm place can help greatly. According to a University of Illinois study, interaction with nature has proven to reduce symptoms of ADD in

children. According to research, "Overall, our findings indicate that exposure to ordinary natural settings in the course of common after-school and weekend activities may be widely effective in reducing attention deficit symptoms in children". *Attention Restoration Theory* develops this idea further, both in short term restoration of one's abilities, and the long term ability to cope with stress and adversity.

Following the development of ADD and mood disorders, lower grades in school also seem to be related to NDD. Louv claims that "studies of students in California and nationwide show that schools that use outdoor classrooms and other forms of experiential education produce significant student gains in social studies, science, language arts, and math".

Childhood obesity has become a growing problem. About 9 million children (ages 6–19) are overweight or obese. The Institute of Medicine claims that over the past 30 years, childhood obesity has more than doubled for adolescents and more than tripled for children aged 6–11.

In an interview on Public School Insight, Louv stated some positive effects of treating nature deficit disorder, "everything from a positive effect on the attention span to stress reduction to creativity, cognitive development, and their sense of wonder and connection to the earth".

This article uses material from the Wikipedia article, "Nature deficit disorder", available from: https://en.wikipedia.org/w/index.php?title=Nature_deficit_disorder&oldid=783000697, which is released under the Creative Commons Attribution-Share-Alike License 3.0.



GO OUTSIDE AND PLAY

by
Natalie
Peterson

Did you grow up as I did? Outside until dark, climbing trees, making mud pies, getting sweaty and dirty on a daily basis? Most of us did. We had scraped knees, dirty fingernails, and we came in when the street lights came on or our parents yelled for us to come eat dinner.

Our kids today are not having the same visceral experience in the world. They are inside for long amounts of time, being still, connected to technology in one form or another. Recess time has been shortened, state testing has changed the way they are learning in the classroom, the fear of letting our kids play outside alone, and parents are having to work longer hours, and UGH! Cell Phones...so many things have changed the way we are out in the world.

Being outside in nature does not have to be a huge, planned out event that only adds to what we already have to do in a day. It can be made up of very simple, bite-sized experiences. If you are stuck on what that might look like here are some ideas:

1. Take a blanket and sit outside and have a picnic lunch, play tag or kickball, throw a Frisbee, watch the clouds, or blow bubbles. The free possibilities are endless.
2. Take a family bike ride around your neighborhood or local park.
3. Go on a family nature walk. Collect things that catch your interest (rocks, flowers, leaves), look for different animals, or count your steps.
4. A scavenger hunt is always fun! Each time can have a different theme. Think "I Spy". Keep it simple: something tiny, something blue, something short, something beautiful.

5. Get wet. Creeks, rivers, lakes, puddles, or even a bucket. Water play can be super easy and entertaining.
6. Go out at night. Listen to the sounds of crickets and frogs, use flashlights or glow sticks, gaze at the stars and learn their names.
7. If you have a safe place, campfires can be a time of magic! Sing songs, roast marshmallows, tell stories, or better yet just relax and take it in, and enjoy each other.
8. Join with other family members and friends as just get outside!

There are lots of free resources for ideas. Pinterest of course is always great to spark your creativity! I highly recommend Richard Louv's book *Last Child in the Woods*. He explains it all so well and offers the research to back it all up.

Happy exploring!

Further reading and resources:

- *The Nature Principle: Human Restoration and the End of Nature Deficit Disorder*, by Richard Louv
- *Web of Life: Weaving the Values that Sustain Us*, by Richard Louv
- Richard Louv's website: www.richardlouv.com
- Children and Nature Network: www.cnaturenet.org
- Nature Rocks: www.naturerocks.org
- www.kidsoutside.info
- www.ahaparenting.com



BOREDOM BUSTERS

Trick Questions:

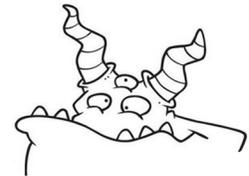
1. Who won the skeleton beauty contest?
2. If money really did grow on trees, what would be everyone's favorite season?
3. What did one leaf say to another?
4. Why do birds fly south in the Fall?
5. What do you use to mend a jack-o-lantern?
6. Why did the scarecrow win a medal?
7. Why shouldn't you tell a secret in a cornfield?

The nurse walked into the busy doctor's office and said, "Doctor, the invisible man is here." The doctor replied, "Sorry, I can't see him."

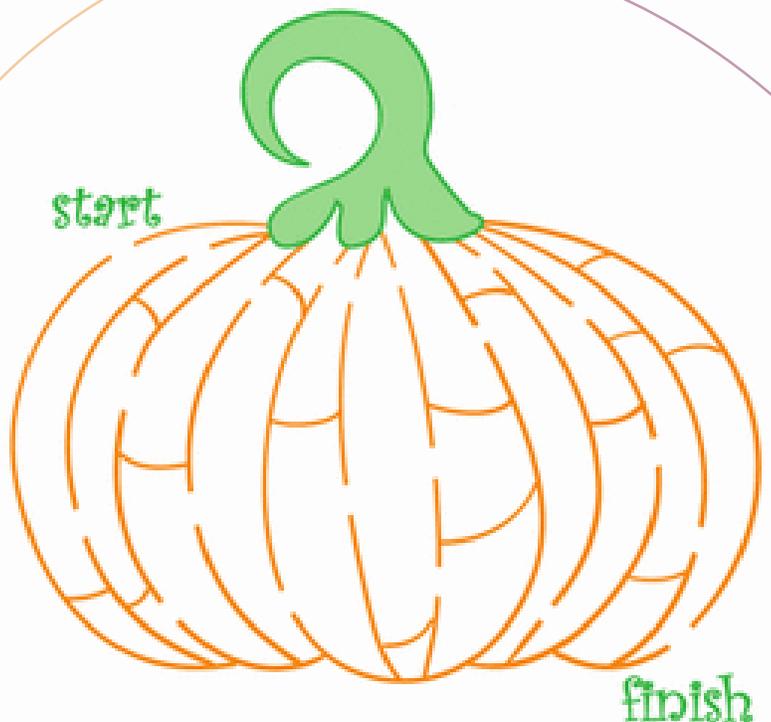
Answers:

1. No body.
2. Fall!
3. I'm falling for you.
4. Because it's too far to walk.
5. A pumpkin patch!
6. Because he was outstanding in his field.
7. Because there are too many ears around!

FINISH THESE ALIENS ...



... THEN GIVE 'EM NAMES!





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Alternatives to Violence
1805 Walnut Street • Red Bluff, California 96080

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