

# Healthy Children- Healthy Planet

*"My husband read the readings also. And for the first time in our married life we sat down and talked about our values."*

*- Healthy Children – Healthy Planet course participant.*

**HEALTHY CHILDREN—HEALTHY PLANET IS A SEVEN-SESSION DISCUSSION GUIDE FOR THE WORKPLACE, COMMUNITY CENTER OR HOME.**

**PARTICIPANTS IN THIS DISCUSSION COURSE WILL:**

Understand how the pervasive effects of advertising, media, and our consumer culture can influence a child's view of the world

Discover ways to create meaningful family times and health ful environments for children

Explore ways to develop a child's connection to nature, and to foster creativity



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# HEALTHY CHILDREN—HEALTHY PLANET: DISCUSSION COURSE DESCRIPTION

SESSION THEME	DESCRIPTION	READINGS
<b>Cultural Pressures</b>	A powerful fusion of pop culture and peer influence creates a social smog that has a strong influence on today's children, says author and doctor Ron Taffel. How should adults respond to these pressures?	<p>"The Parents' Bill of Rights" by Jonathan Rowe and Gary Ruskin</p> <p>"Taking a Year Off from Buying" by Kym Miller</p> <p>"Thirsty in the Rain" by Mary Pipher</p> <p>"Resisting the Peer Cultures of Children and Parents" by William J. Doherty</p> <p>"Two-Wheel Drive" by Susan Vogt</p>
<b>Family Rituals and Celebrations</b>	Meaningful family time can provide an antidote to cultural pressures of consumption. Explore how ritual can enrich a child's family experience and examine alternatives to elaborate celebrations and gifts.	<p>"Expecting Participation in Family Life" by William J. Doherty</p> <p>"Simplicity" by Katrina Kenison</p> <p>"The Christmas Fulfillment Drama" by Amy Dacycsyn</p> <p>"Parties Without Presents" by Jean Sherman Chatsky</p> <p>"The Mother of Men" by Denise Roy</p> <p>"Simple Pleasures and Family Rituals" by Marie Sherlock</p>
<b>Advertising</b>	The average child sees an estimated 20,000 commercials every year. What are the effects on our children, and what steps can adults take to lessen the impact?	<p>"The Religion of the Ad" by Brian Swimme</p> <p>"McTeachers and Coke Dudes" by Eric Schlosser</p> <p>"Crossing the Line" by Brita Butler-Wall</p> <p>Excerpts from <i>Born to Buy</i> by Juliet Schor</p> <p>"Communicating Your Convictions/ Coping with Peer Pressure" by Marie Sherlock</p>
<b>Food and Health</b>	Many schools serve high-fat lunches and soda. Candy is also readily available on school grounds. What is the link between diet and learning? How can adults encourage children to include healthy foods in their meals?	<p>"Unhappy Meals" by Barry Yeoman</p> <p>"Food for Thought" by Nathaniel Mead</p> <p>"Field of Dreams" by Theresa Johnston</p> <p>"Children at Risk" by Jennifer Bogo</p> <p>"Farmers' Markets" by Deborah Madison</p>
<b>Time and Creativity</b>	Today's children may have schedules that rival the busiest adults. How can adults help children find balance between activities and unstructured time, which is often the source of creativity?	<p>"Human Beings—Or Human Doings?" by Marie Sherlock</p> <p>"The Cauldron of Creativity" by Nancy H. Blakey</p> <p>"Nurture Your Child's Creativity" by Katrina Kenison</p> <p>"Whatever Happened to Play?" by Walter Kim and Wendy Cole</p> <p>"Strategies for Protecting Families" by Mary Pipher</p>
<b>Technology and the Media</b>	Opinions differ on whether computers hinder or help the natural process of child development. Watching TV can displace more valuable experiences. What steps can adults take to create a healthy media environment at home?	<p>"Turning Off the Television" by JoAnn Farb</p> <p>"It's Not What You Watch" by Marie Winn</p> <p>"Education: The Best Investment" by Bill Gates</p> <p>"Developmental Risks" edited by C. Cordes and E. Miller</p> <p>"Parents: The First Line of Defense" by James Steyer</p>
<b>Exploring Nature</b>	Children have an affinity for the natural world and as Rachel Carson says, "an inborn sense of wonder." As children spend more time indoors, they connect less to the wild places in their neighborhood. How can we give children the opportunity to connect with the natural world?	<p>Excerpt from <i>The Sense of Wonder</i> by Rachel Carson</p> <p>"Coming Home" by Gregory Smith</p> <p>"Ecophobia" by David Sobel</p> <p>"Slowing Down" by John L. Bower</p> <p>"The Story of the Sunflower House" by Sharon Lovejoy</p> <p>"A Child's Sense of Wildness" by Gary Paul Nabhan</p>

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