

Dear parent- child caregiver,

Welcome to the parent- child class offered here at the Kickapoo Valley Reserve. I am so excited that you and your little one are joining this special time designed for you to connect with your child, other caregivers and our beautiful natural areas.

We will start our day hiking to a designated play area, with plenty of opportunities to climb, explore, play with mud, listen to the birds, build and imagine. We will gather for a seasonal circle time with songs, poems and movement. Each session we will share a nutritious snack together and listen to a short story. There will be an opportunity for caregivers to participate in a simple craft, while the children engage in deep, free play.

Some of the crafts will be intended for grownups, some will be communal crafts we can create together and some will be especially thought for you to do alongside you little one.

I will bring short articles on different topics: the benefit of nature for children, seasonal wild crafted recipes and crafts for inspiration, the benefit of free play, amongst others. You are free to take an article home if you feel called.

I hope that this time together will call us to be creative, attentive, observant and playful. I also hope you can make meaningful connections with other caregivers so you can feel supported and accompanied.

Here is a little overview of some of the art and crafts we will be co- creating this fall: eco dyeing on paper and fabric, creating art with natural paint brushes, group mandalas with natural objects, wild tea and bread on a stick, straw birds, nature weaving, infused vinegar with wild-crafted ingredients, amongst others.

Thank you so much for your interest and trust!

Sincerely,
Susana Ruder