

GET THE KIDS OUTSIDE

HELPING KIDS OVERCOME their FEAR OF BUGS

- **CHECK YOUR OWN REACTIONS / LANGUAGE**
How do YOU react to bugs? Are your kids picking up on your own feelings or fear-based language?
- **INTERACT WITH BUGS FROM A DISTANCE**
Take photos of the bugs you see; look at pictures in a book, learn to identify them; check them out in a museum or conservatory; draw insects with funny features; play with plastic bugs.
- **MAKE BUGS INTERESTING**
Feed your child's fascination and teach them fun facts about different insects: a bee's wing beats 190 times/second, caterpillars have 12 eyes, butterflies taste with their feet, etc.
- **TALK ABOUT AND MODEL APPROPRIATE INTERACTION**
Stay calm when a bee lands on you; do nightly tick checks; practice removing bugs from your home; identify harmful/harmless insects.
- **TALK ABOUT BUGS' IMPORTANCE**
Teach your kids about different insects' roles in our lives: spiders eat mosquitoes and other pests; bees are vital to our existence (1/3 of our food is pollination dependent).
- **BE PATIENT, LET THEM SET THE PACE**
Fears aren't always rational, so take time to understand your child's feelings; don't rush it, give them time.

