



Grandparenting with the Wisdom of Nature: Empower Your Grandchild for LIFE with 7 simple principles

Barbara Joyce Frank Ph.D.

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The book *Grandparenting with the Wisdom of Nature* helps grandparents introduce the wonders and wisdom of nature to their grandchildren. It presents seven basic natural principles that will empower children for life, helping them to grow up to be healthier and happier adults. The book provides a unique blend of inspiration, factual information, and practical grandparenting tips for the reader. Each chapter introduces a new concept that is carefully and clearly explained in easy-to-understand language. Many specific ideas for activities in nature are provided, both within the main text and in the appendix. While the book references scientific information about nature, it is easy to read and accessible to all readers. The book also provides several charming anecdotes based on the author's experiences in nature with her own granddaughter. The book is targeted to members of the Boomer generation who have grandchildren or who love to share time with children between the ages of 3 and 12 years. The success of Richard Louv's book *Last Child in the Woods*, in which he coined the term nature deficit disorder, suggests that people are becoming aware of the important role nature plays in childhood development. *Grandparenting with the Wisdom of Nature* offers a practical and inspiring way to help grandparents utilize this important resource.

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