

Creators
Martha Joh Reeder
Gary B. Jones



Category: CHILDREN | NATURE

Author: Martha Joh Reeder

Illustrator: Gary B. Jones



Print ISBN: 978-0-9742071-1-7

Publisher: M²PATHWAYS

Format: Hard Cover, 36 pp,
Kindle, E-book



Available at:
www.NatureisCalling.me
www.Amazon.com

MEDIA KIT

AUTHOR BIO

ILLUSTRATOR BIO

BOOK BIO

TESTIMONIALS

REVIEWS

INTERVIEW QUESTIONS

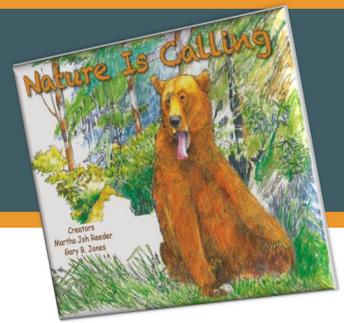
STORY IDEAS FOR REPORTERS

DOWNLOADABLE AUTHOR,
ILLUSTRATOR & BOOK PHOTOS

AUTHOR CONTACT INFO

MARTHA JOH REEDER

Nature is Calling



ABOUT THE BOOK

Nature is Calling is a visual adventure in the outdoors. While “walking” through the pages, readers observe animals in their natural environment and find themselves getting lost in the wonder of the woods!

The focus of this book is children exploring wildlife in nature; the purpose... to facilitate a greater connection to nature; the message... Nature is calling! The book is for children; to be read by children, teachers, parents, grandparents and guardians. It encourages all to think about nature and to engage in meaningful conversation. Using simple text and poignant, straightforward questions coupled with detailed imagery, *Nature Is Calling* provides just enough detail to engage the reader’s interest, imagination and curiosity.

The natural world is one of the best environments for children to explore, absorb, and enjoy. Research shows that being in nature is associated with numerous benefits including better physical, mental, and emotional health. Nature provokes children into thought, action, and formulating their own ideas. When children play in nature they begin to develop a connection, an understanding of plants and animals as living things like themselves. So, it’s not just fun! Connecting with nature is healthy and it is essential for helping children learn to care for

REVIEWS

“A book to be read over and over again with children. Beautiful drawings and questions that will spark thoughtful conversations. Nature is Calling will inspire adventures in the outdoors and will give young readers and listeners a new perspective. A book to pass down from generation to generation. Timeless.”

~Anne Watson, Educator, Mom

“..... This is truly a beautiful work of art that belongs in the book collection of every family and every library. The simple poetic text of the story is followed by in-depth information on each of the concepts covered in the book. The sun-drenched illustrations have an inspiring influence on the reader. It is an invitation to children to explore the outdoors and become acquainted with nature. It is a gentle tool that can be used to help children understand our responsibilities of caring for the earth.

~Nora Martin, Author and Librarian

SUMMARY

Author: MARTHA JOH REEDER Illustrator: Gary Jones

Category: CHILDREN | NATURE

Print ISBN: 978-0-9742071-1-7

Publisher: M2PATHWAYS

Format: Hard Cover, 36 pp, Kindle, E-book

Retail: \$17.99, Whls. \$12.99, 10% volume discount 10 cases/120 units

Available at: www.NatureisCalling.me / Amazon.com

ABOUT MARTHA JOH REEDER



Martha Joh Reeder is an author, speaker, and professor of sustainable business practices who also happens to be a lover of nature. As a mother and grandmother, her nature loving instincts take on a generational importance.

She has a deep understanding that connecting with nature is not just healthy for the individual, it is essential to appreciating and respecting nature and in turn, inspiring the desire to protect our natural resources.

Her interest in the natural environment led to her academic focus. Her studies led her to examine the benefits of “nature play” for children and inspired her new children’s book, *Nature Is Calling*.

CONTACT MARTHA JOH REEDER

Phone: 406 581 6421

Web: www.natureiscalling.me

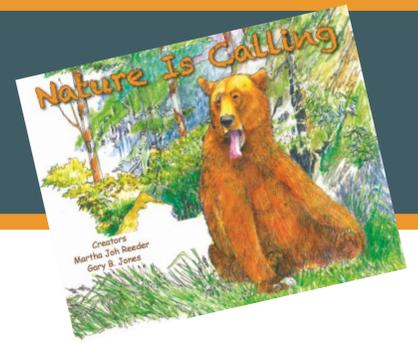
E-mail: info@natureiscalling.me

Facebook: <https://www.facebook.com/natureiscallingme>



MARTHA JOH REEDER

Nature is Calling



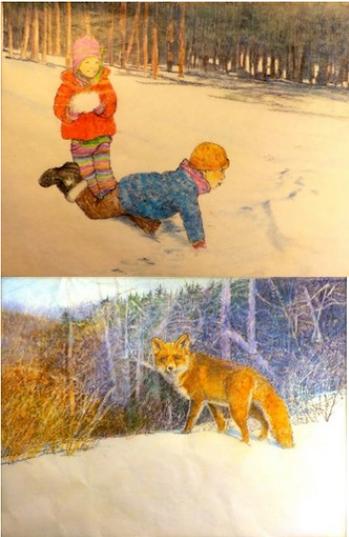
WHY THIS BOOK IS IMPORTANT

RESEARCH SUPPORTS NATURE PLAY | CHILDREN FLOURISH IN NATURE

The natural world is one of the best environments for children to explore, absorb, and enjoy. Research on *Nature Play* shows that being in nature is associated with numerous benefits including better physical, mental, and emotional health. Nature provokes children into thought, action, and formulating their own ideas. When children play in nature they begin to develop a connection, an understanding of plants and animals as living things like themselves. So, it's not just fun! Connecting with nature is healthy and it is essential for helping children learn to care for and to protect our natural world.

The book, *Nature is Calling*, is a visual adventure in the outdoors. It is a book for children; to be read by children, teachers, parents, grandparents and guardians. The focus of the book is children exploring wildlife in nature. While “walking” through the pages, readers observe animals in their natural environment and find themselves getting lost in the wonder of the woods!

The exquisitely detailed illustrations by award winning wild-life artist, Gary Jones, stimulate the simple straightforward questions one can easily imagine coming out of the mouths of young nature observers. The simple text provides just enough detail to engage the reader's interest, imagination and curiosity. The book is a charming tool to facilitate a greater connection to nature. It encourages all to think about nature and engage in meaningful conversation. It inspires *Nature Play*!



Why is *Nature Play* so important to a child's wellbeing? Being outside positively affects children's development. Research identifies several areas:

Physical Benefits: Nature is a natural playground, providing numerous opportunities for physical development through activities such as: balancing on a fallen tree or a rock in a running stream, running about playing hide-and-seek behind the trees, walking up or rolling down hills, climbing over rocks swinging from a branch, or swimming in a pond.

Cognitive Benefits: In today's world, it is not uncommon for children to have trouble focusing, paying attention, or staying engaged. Research suggests our world of media and technology has significantly influenced this phenomenon. Research also shows that being in nature has been found to have positive and restorative effects on improving attention deficits and therefore, cognitive development.

Social Benefits: Nature invites all to participate, regardless of ability, ethnicity, gender, socio-economic level, or age. Outside play is usually unstructured, which allows children to share, cooperate, and problem solve. Playing in small groups, they create, make decisions, and help each other accomplish goals.

Develops Connection and Empathy: When children play in nature, they are engaging with living beings other than themselves, from trees and grass to birds and caterpillars. This direct exposure helps children begin to develop an understanding of plants and animals as individual living things, like themselves, and develop larger understandings of what living things need.

Develops Positive Action, Adaptability, and Confidence: Nature is real and changeable. The natural play environment that a child encounters one day will be different the next as rain falls, winds blow, leaves accumulate, and animals move. When adults encourage children to self-direct their own play in nature, this environment of constant change offers rich opportunities for children to develop confidence and practice making choices. Additionally, participating in *Nature Play* offers even the youngest learners the opportunity to participate actively and authentically in environmental conservation. By offering children the opportunity to practice caring behaviors in the outdoors, *Nature Play* empowers children and gives them the opportunity to take positive action, even if only in play.

Nature Play provides children the opportunity to explore the natural world on their own terms through play. It helps to create connections to and positive associations with natural spaces. By framing nature and wild spaces as places of wonder early in development, we are helping children build the ability to care for those places in the future. In fact, research has shown that people who spend more time outdoors are more concerned about the environment, and are more invested in protecting it.

CHILDREN FLOURISH IN NATURE - THE IMPORTANCE OF NATURE PLAY

**We knew it intrinsically! Now research proves it!
“Nature Play” benefits childhood development.
Get Your Kids Outside!**

Research shows that being in nature not only benefits a child’s physical, mental, and emotional development, it nurtures their connection to the natural environment. When children play in nature, “nature play”, they begin to realize a world beyond themselves. This connections with nature is healthy and it is essential for helping children learn to care for and to protect our natural world.

Specifically, why is nature play so important to a child’s wellbeing? **Research identifies several areas:**

Physical Benefits: Nature is a natural playground for physical development as children engage in activities such as balancing on a fallen tree or a rock in a running stream, running about playing hide-and-seek behind the trees, walking up or rolling down hills, climbing over rocks swinging from a branch, or swimming in a pond.

Cognitive Benefits: In today’s world, it is not uncommon for children to have trouble focusing, paying attention, or staying engaged. Research suggests that technology has significantly influenced this phenomenon. Research also shows that being in nature has been found to have positive and restorative effects on improving attention deficits and therefore, cognitive development.

Social Benefits: Nature invites all to participate, regardless of ability, ethnicity, gender, socio-economic level, or age. Outside play is usually unstructured, which allows children to share, cooperate, and problem solve. Playing in small groups, they create, make decisions, and help each other accomplish goals.

Develops Connection and Empathy: When children play in nature, they are engaging with living beings other than themselves, from trees and grass to birds and caterpillars. This direct exposure helps children begin to develop an understanding of plants and animals as individual living things, like themselves, and develop larger understandings of what living things need.

Develops Positive Action, Adaptability, and Confidence: Nature is real and changeable. The natural play environment encountered one day will be different the next as rain falls, winds blow, leaves accumulate, and animals move. This environment of constant change offers rich opportunities for children to develop confidence and practice making choices.

CHILDREN | NATURE



Martha Joh Reeder is an author, speaker, and professor of sustainable business practices who just happens to also be a lover of nature. As a mother and grandmother, her nature loving instincts take on a generational importance. She has a deep understanding that connecting with nature is not just healthy for the individual, it is essential to appreciating and respecting nature and in turn, inspiring the desire to protect our natural resources.

Her interest in the natural environment led to her academic focus. Her studies subsequently led her to examine the benefits of “nature play” for children and inspired her new children’s book,

**When doing a story on childhood development or “Nature Play”
Contact Martha Joh Reeder.**

Phone: 406 582 1009

Web: www.natureiscalling.me

E-mail: info@natureiscalling.me

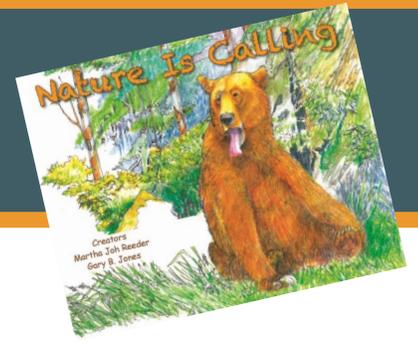
Facebookk: <https://www.facebook.com/natureiscallingme>



In summary, encouraging and ensuring outdoor play is not just fun, it’s good for children and it influences them to care for nature and be more invested in protecting it.

MARTHA JOH REEDER

Nature is Calling



STORY IDEAS

1. What does research say about the benefits of “Nature Play”?
2. New Children’s Book Inspires “Nature Play” which Research has identified as benefiting to childhood development.
3. Montana author and Illustrator share love of nature and inspire “Nature Play” with new children's book
4. Sustainability Professor hopes to inspire generations of Nature Advocates with her new children’s book.
5. Sustainability Professor weaves academic studies, global travel observations, and motherhood experiences into inspiring new children's book.
6. Calendar of Events:

March—National Day of Unplugging—2nd Friday of March— New children’s book Inspires nature activities.

April—Earth Day—April—Why inspiring connection to nature at a young age is important.

April—International Children's Book Day— Why this book is a great choice.

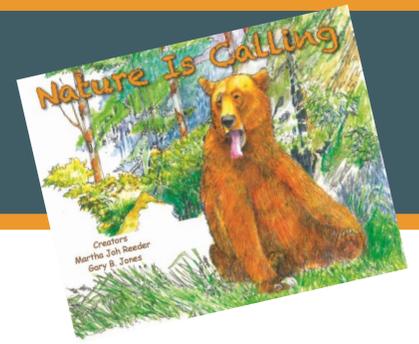
May—Mothers Day— Share a Journey Day.

June/July—School’s out. Get out in nature.

August— National Parks Week is in August— New children’s book inspires nature play—book is filled with illustrations of national park animals.

MARTHA JOH REEDER

Nature is Calling

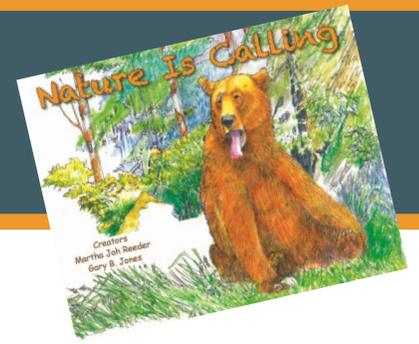


SAMPLE INTERVIEW QUESTIONS

1. Why did you write this book?
2. What inspired you to write it?
3. What is it about?
4. Who is your intended audience?
5. How did you choose the illustrator Gary Jones?
6. What do you hope this book will inspire readers to do or think?
7. When is the book available?
8. Where can people find your book?
9. You are an author and a speaker. What types of groups and organizations do you speak to?
10. How can people reach you to discuss presentations, appearances or readings?

MARTHA JOH REEDER

Nature is Calling

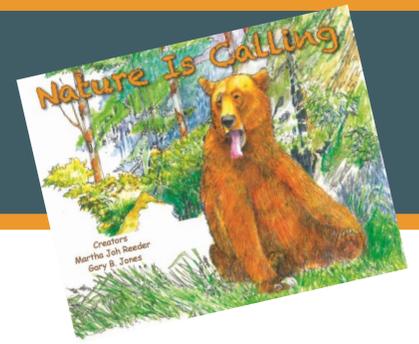


Research References Nature Play

- Berto, R. (2014). The role of nature in coping with psycho-physiological stress: A literature review on restorativeness. *Behavioral Sciences*, 4, 394-409.
- Burdette, H. L., & Whitaker, R. C. (2005). Resurrecting free play in young children: Looking beyond fitness and fatness to attention, affiliation, and affect. *Archives of Pediatric and Adolescent Medicine*, 159, 46-50.
- Burris, K., & Burris, L. (2011). Fearful people: Parental perceptions and children's outdoor activity. *Delta Journal of Education*, (1)1, 45-60.
- Burris, K., & Burris, L. (2011). Outdoor play and learning: Policy and practice. *International Journal of Education Policy and Leadership*, 6(8), 1-12.
- Cardon, G., Van Cauwenberghe, E., Labarque, V., Haerens, L., & DeBourdeaudhuij, I. (2008). The contribution of preschool playground factors in explaining children's physical activity during recess. *International Journal of Behavioral Nutrition and Physical Activity*, 5(11), p. 1-6.
- Chawla, L., & Cushing, D. (2007). Education for strategic environmental behavior. *Environmental Education Research*, 13(4), 437-452.
- Drew, W. (2007, June/July). Make way for play. *Scholastic Parent and Child*, 40-47.
- Ewert, A., Place, G., & Sibthorp, J. (2005). Early-life outdoor experiences and an individual's environmental attitudes. *Leisure Sciences*, 27, 225-239.
- Ernst, J. (2012). Early childhood nature play: A needs assessment of Minnesota licensed childcare providers. *Journal of Interpretation Research*, 17(1), 7-24.
- Ferreria, M. M., Grueber, D., & Yarema, S. (2012). A community partnership to facilitate urban elementary students' access to the outdoors. *School Community Journal*, 22(1), 49-64.
- Fjortoft, I. (2001). The natural environment as a playground for children: The impact of outdoor play activities in preprimary school children. *Early Childhood Education Journal*, 29 (2), 111-117.
- Ingraham, C. (2015). There's never been a safer time to be a kid in America. *The Washington Post*.
- Korpela, K., Kyttä, M., & Hartig, T. (2002). Restorative experience, self-regulation, and children's place preference. *Journal of Environmental Psychology*, 22, 387-398.

MARTHA JOH REEDER

Nature is Calling



Research References Nature Play (continued)

Louv, R. (2005). Last child in the woods. Chapel Hill, NC: Algonquin Books of Chapel Hill.

Louv, R. (2011). Reconnecting to nature in the age of technology. *Futurist*, 45(6), 41-45.

Louv, R. (2012). The more high-tech our schools become, the more they need nature. *Science & Children*, 49(7), 8-9.

McBrien, N., Morgan, I., & Mutti, D. (2008). What's hot in myopia research. The 12th International Myopia Conference, Australia. *Optometry and Vision Science*. 86(1), 2-3.

Mainella, F. P., Agate, J. R., & Clark, B. S. (2011). Outdoor-based play and reconnection to nature: A neglected pathway to positive youth development. *New Directions For Youth Development*, 2011(130), 89-104.

Moore, L. L., Gao, D., Bradlee, M. L., Cupples, L. A., Sundarajan-Ramamurti, A., Proctor, M. H., Hood, M. Y., Singer, M. R., Ellison, R. C. (2003). Does early physical activity predict body fat change throughout childhood? *Preventive Medicine*, 37, 10-17.

Romina, M. B., Silver, E. J., & Stein, R. E. K. (2009). School recess and group classroom behavior. *Pediatrics*, 123, 431-436.

Staempfli, M. B. (2008). Reintroducing adventure into children's outdoor play environments. *Environment and Behavior*, 4(2), 1-6.

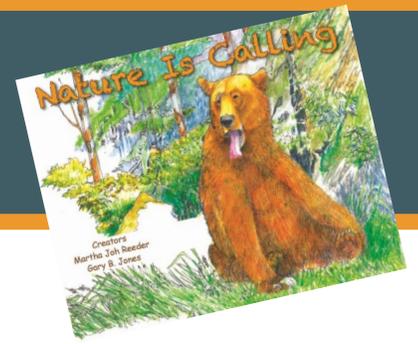
Shoemaker, Brooke, & Porter, Emily (2017) Get out of the classroom and into nature: the importance of nature play in child development, *Smithsonian Early Enrichment Center*, 1-5. Thompson, C. W., Aspinall, P., & Montarzino, A. (2007). Adult visits to green places and the significance of childhood experience. *Environment and Behavior*, 40(1), 111-143.

Taylor, A. F., Kuo, F. E., & Sullivan, W. C. (2001). Coping with ADD: The surprising connection to green play settings. *Environment and Behavior*, 33, 54-77.

Wells, N. M. (2000). At home with nature: Effects of "greenness" on children's cognitive functioning. *Environment and Behavior*, 33, 775-795.

Zelenski, J. M., Nisbet, E. K. (2014). Happiness and feeling connected: The distinct role of nature relatedness. *Environment and Behavior* (46(1), 3-23.

MARTHA JOH REEDER
Nature is Calling



DOWNLOADABLE IMAGES

We appreciate requests for photographs for press use.

Lo and Hi resolution images are available at www.NatureisCalling.me

Please Email and let us know where you post your article so we can link to it.

-Thank you.

