

Is it Earth Day

or

Is it Birthday?

by

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Question. In our world of disposable products, what can we do to teach our children not to be so wasteful?

Answer. As with the solution to any problem, the first step is awareness. Then comes modeling an environmentally friendly way of life.

With the erratic weather patterns and other acts of nature, the earth keeps speaking up with a great big “**Stop!**” As we all continue to enjoy the advancement of modern conveniences, so we must be aware of the resultant toll it takes on our earth’s delicate balance.

The Earth and Its Atmosphere

Scientists tell us about **global warming**. They trace much of it to the non-biodegradable items that we dispose of each day. Every plastic cup, knife, spoon, fork, and plastic bag that we throw away turns into chemicals that rise up to form a mass around the earth and block our natural wastes from escaping. While openness cools, such blocking is what warms.

While we live in 2007 and cannot reverse our wonderful advances (and we do not want to), there are practical steps we can take.

- Ruth W. of Phoenix, AZ suggests: “Request paper cups whenever possible, instead of plastic.”
- Jill D. of Flagstaff, AZ wrote: “Bring your own utensils when you can and go shopping for groceries with your own washable canvas bag.”
- Elizabeth C. of Boca Raton, FL said: “Ask for paper bags instead of plastic.”

Cutting Back and Changing Patterns

There are many choices we can make differently related to **environmental protection**. Many people print file after file from their computers when it might take only a few seconds to jot down the important information that they may need. Others buy colored disposable paper goods when they could by white instead. Burning white is much less polluting to the atmosphere. This relates to all the purchases of colored napkins, paper towels, and other disposable paper products.

- Mindy L. of Cape Cod, MA reminds us: “Battery operated toys just end up breaking. Clay, play dough, bubbles, and blocks provide many more hours of fun for kids.”
- Anne B. of Tempe, AZ alerts us: “Turning lights off when you are not in the room or are leaving the house saves important energy, not just money.”

Wasn't it fun when we played jump rope, hide 'n seek, spud, and dodge ball?

What natural activities do you remember doing? How about a craft that you enjoyed, a building set that you liked constructing with, or even dolls and a doll house (bought or homemade) that you designed and re-designed over and over again?

Whole Natural Foods and Body Cleansing

Let us teach our children, even our youngest ones about **healthy eating**. Whole natural foods are nature's products. Artificial color, flavor, and preservatives are not. Such chemicals are in processed foods, and they clog our cells. Clogging leads to all kinds of bad diseases. Diseases lead to massive use of medicines, many other problems, and continued abuse to our bodies. Every morsel of food you put into your child's body should have the purpose of nourishment. Whole natural foods are nature's intended medicines.

- Dava W. of Sedona, AZ tells: "I feed my daughter every morning natural muesli with soymilk, blueberries, and half a banana. It is nature's best way to jumpstart your metabolism."
- Joan S. of Scarsdale, NY adds: "The "no white" rule is magical—no white flour, white sugar, white rice, or white potatoes."

What foods do you give your child just for the purpose of nutrition? If the answer is most, you are on the right track.

We must **"stop"** and change our abusive ways. The rewards will continue to grow as we return to a simpler, happier, and healthier way of living.

Earth Day is really a new version of our world's birthday. Let it be our new way to celebrate another year of life. Let us learn to celebrate it with the dignity and respect it deserves. Just as we give nurturing love and protection to our precious children, let us teach them and others new ways to love and protect our precious planet.

Happy Earth Day!

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