

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 and set limits.

- **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), etc.

- **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.

