

How To Talk To Your Kids About The Environment

Description

Hearing discussions about climate change and environmental destruction may be fascinating and worrisome for young children, depending on their age.

It can be difficult for parents to know how much to express without worrying their children. No parent wants their child to grow up without understanding environmental issues.

What is the best way to strike the correct balance?

Many youngsters have lately gone on strike from schools all across the world, citing [Greta Thunberg as their inspiration](#). As a result of the widespread media coverage, it has sparked widespread concern among youngsters about the status of the world. Here, we look at how you can talk to your children about climate change and the environment.

kid outside holding a tree leaf, environment, earth, recycle, sustainable, eco-system

[image](#)

Do not try to hide the truth from them.

While switching off the television when your child walks into the room may be tempting, it prevents them from learning about the world around them. Young children are more prone than adults to hear misleading stories from other children, which might cause them to feel fearful.

Instead of avoiding the subject of the environment, look for opportunities to speak about it with others. It is critical that young children do not believe they are destined to live on a dying planet, despite the fact that big adjustments must be undertaken. When discussing an environmental issue, emphasise the positive things that can be accomplished.

Use child-friendly language

Provide a straightforward explanation of what an “environmental issue” is to your youngster. Until you are confident that people will grasp what you are saying, avoid using technical phrases such as “biodiversity” and “ecosystem.”

When discussing a problem, place it in a local context that the youngster will understand and remember. For example, if you are concerned about biodiversity loss, you may talk about wildflowers, the [dangers of shark finning](#) or diminishing bee populations in your local region.

It is important to keep things as basic as possible for them in order for them to comprehend the issue at an age-appropriate level.

Look to do something practical.

The best way to learn about environmental stewardship is to participate in it as much as possible. Look for initiatives and activities in your community that you can participate in and contribute to.

You could do one of the following:

- Participate in an organised litter pick-up event as a volunteer.
- Teach your youngster how to sort the recycling each week by demonstrating it to him or her.
- Make a [compost pile for use in your garden](#).
- Attempt to eat vegetarian or vegan meals.

Start small and encourage your youngster to be concerned about the people and things in their environment. As they mature, they have the potential to become more ecologically conscious.

Final thoughts

When children are young, it is critical that they learn how to care for and appreciate the natural world around them.

However, avoiding talking about issues out of fear of upsetting your child might result in uncertainty and concerns as a result of the mixed signals.

As an alternative, keep your message pleasant and focused on local concerns while speaking in child-friendly terms. Look for opportunities to lend a hand at local events and be sure to recognise and thank them for their contributions, no matter how insignificant.

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