

Books:

[Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children](#) - Angela Hanscom (2016)

[Vitamin N: The Essential Guide to a Nature Rich Life](#) - Richard Louv(2016)

[Last Child in the Woods: Saving our Children from Nature Deficit Disorder](#) - Richard Louv (2008)

[The Gardener and the Carpenter: What the Science of Child Development Tells Us About the Relationship Between Parents and Children](#) - Alison Gopnick (2016)

[Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant and Better Students for Life](#) - Peter Gray (2013)

Articles:

[A Parents Guide to Nature Play](#) by Green Hearts Institute for Nature Play

[Cautionary Tales of Interrupting Children's Play](#) by Kassahun Tigistu Weldemariam(2014) in Childhood Education, 90, (4).

[Five Essentials to Meaningful Play](#) by Marcia Nell and Walter Drew in NAEYC.

Education (2023).

Websites:

www.maineeco.org

<https://www.childrenandnature.org/families/parents-caregivers/>

www.naturalstart.org

Podcasts:

(both say similar things to what is in your episode but are much longer and therefore more in depth and comprehensive, not focused just on outdoor play however)

[Global School Play Day](#): One Day. Nothing But Play. Podcast from Cult of Pedagogy with Jennifer Gonzalez. Guests - Eric Saibel, Scott Bedley, Tim Bedley. January (2019).

[Parents, Keep Out!](#) Hidden Brain Podcast