



## Turn Back Time

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Dear Turn Back Time Family;

What was your favorite type of outdoor play as a child? Do you remember climbing the apple tree or playing in the stream? Those things are now considered risky and at Turn Back Time we think risky play is an important part of childhood.

Our philosophy is to look at our environment from two points of view: risk vs hazard. A hazard is a dangerous situation that is unseen, unexpected and has no benefit only harm. We remove all hazards as we see them and work to keep children out of hazardous situations whenever possible.

Nature play is risky but it has benefits. Risk is a developmental necessity and helps to develop judgement, physical ability, courage, tenacity, self-confidence and constructive failure. We make sure every child is free to assess a situation and make decisions based on their own comfort level.

Turn Back Time has two reasons for rules: safety and respect. Applying these two rules to any situation on the farm usually affords children the freedom to explore while keeping them free from unnecessary harm.

In many of his writings Ken Finch, founder of Green Hearts Institute, talks extensively about the risks of no nature play. When children aren't allowed to participate in unstructured outdoor play we see an increase in obesity, poor eyesight, low muscle tone and heightened ADHD symptoms and developmental delays. Richard Louv in his book Last Child in the Woods even gave it a name "Nature Deficit Disorder". Turn Back Time is fighting against Nature Deficit Disorder. It is our mission to improve the quality of life of all children through nature play.

Sincerely,

Lisa Burris

Executive Director