

Summer break: Your time to experience nature

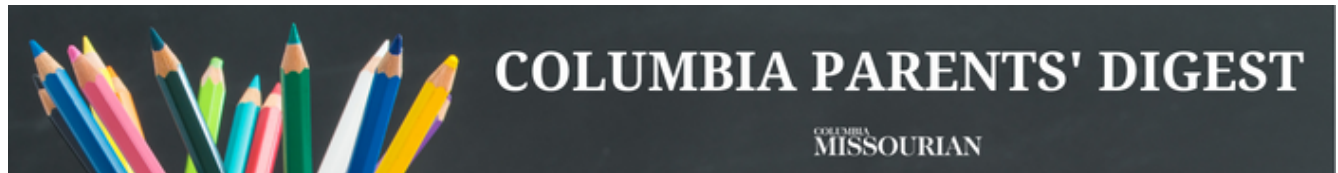
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Summer break: Your time to experience nature

Emily Hood 2 hrs ago

Welcome back to Columbia Parents' Digest, and happy summer break! After a long school year, it's great to have a little bit of room to breathe. I know I am looking forward to a summer of relaxing and getting some free time away from homework.

As summer break begins, your kids probably have a lot of down time. It's the perfect time to teach your kids about the great outdoors (and get them out of the house). This month's edition covers a few ways you can get your kids to fall in love with nature. Later, we'll dive into a few family-friendly events around mid-Missouri in June.

Put down the devices and take a stroll

Conservation areas and local parks can be a great way for kids to learn more about their local area through a nature walk. While hikes may be challenging for some younger kids, state parks and local parks offer many hiking trails that are suitable for all ages.

In mid-Missouri, [Runge Nature Center in Jefferson City](#) has paved pathways surrounded by nature, allowing all ages to easily explore the trails.

Let their imagination fly while birdwatching

Birdwatching allows kids to learn more about the environment while staying at a safe distance.

Binoculars can be handy to bring along while bird watching to see birds like [mourning doves, which nest throughout the summer](#). The Columbia Audubon Nature Sanctuary [has 23 acres of land and is open from dawn to dusk](#) for birders of all ages.

For parents who want to stay out of the heat, the Daniel Boone Regional Library has [instructions on a DIY bird feeder](#) to help your kids go birding from the backyard.

Want more of these tips? Check out the story below to find out more ways to get your kids involved in nature.



How to get your kids to fall in love with nature

Short walks or birdwatching are just two examples of the numerous ways to guide a child to appreciate the outdoors.

[Read more](#)

Get your kiddos out and about with these events in mid-Missouri

Kids Fishing Derby

June 10 | 7-11 a.m. | 5840 Rainbow Dr, Jefferson City, MO 65109

6th Annual Butterfly Festival at MU Jefferson Farm and Garden

June 17 | 10 a.m.-4 p.m. | MU Jefferson Farm and Garden - 4800 E New Haven Rd, Columbia, MO 65201

Family Fun Fest: Juneteenth Jamboree

June 21 | 6-8 p.m. | Cosmo Park - 1615 Business Loop 70 W, Columbia, MO 65202

Wednesday Columbia Farmers Market, featuring activities for kids, food trucks and live music

Second and fourth Wednesday of each month | 3-7 p.m. | 1769 W Ash St, Columbia, MO 65203

Check out these other articles to help your child have a fulfilling summer:



Start a vegetable garden: the basic skills to teach your kids

In addition to growing produce, gardening helps kids spend time outdoors and learn to be resourceful.

[Read more](#)



Here's how to make reading a happy hobby for your kids

One of the best ways to turn reading into a practice for kids is to begin reading with them.

[Read more](#)



How to help your child get a good night's rest consistently

If children are not growing well, learning well, behaving well or eating well, it could be a sign of insufficient sleep.

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