AHG Professional Herbalist Training Webinars Presents:

Herbs and Kids: Compliance through Education

with Kristine Brown

Hosted by Mimi Hernandez

AHG Executive Director

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THE HERBAL ACTIVITY HUB FOR CHILDREN: CREATING ‘AH-HAH’ MOMENTS

Seven Springs Mountain Resort is the perfect venue for a getaway with the whole family! Join us for lots of exciting, fun, and educational opportunities through our American Herbalists (Guild) - Herbal Activity Hub, aka AH-HAH.

The Hub builds on our commitment to offer young people learning opportunities that are herbally oriented and designed to give all the children in your family an ‘AH-HAH’ moment.

Visit www.americanherbalistsguild.com/symposium for more information!
“We must take our children into the wild, introduce them to the plants, and teach them of their connection to the earth. In instilling in our children a respect for plant medicine, we not only care for their tender bodies but help pass along the seeds of a tradition that is as old as human life itself.”

– Rosemary Gladstar, Rosemary Gladstar’s Family Herbal

“How do you convince kids to take herbal medicine???

“Can we teach children to look at a flower and see all the things it represents: beauty, the health of an ecosystem, and the potential for healing?”

– Richard Louv, Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder
KIDS ARE BORN HEALERS

- Children have a natural draw to nature, including plants
- They love to explore their surroundings
- They want to help those in pain

WHAT CAN WE DO TO GIVE KIDS A GOOD HERBAL FOUNDATION?

“There is no one way to become a healer: no particular age and no special way for medicine spirits to come. When the time is right, they come.”

– Evelyn Wolfson, *From the Earth to Beyond the Sky: Native American Medicine*

BUILDING A GOOD HERBAL FOUNDATION

- Instill good herbal habits
- Empower them to take control of their own health
- Teach them to trust their intuition
- Encourage them to explore the uses and usability of herbs
HOW DO WE GET KIDS EXCITED ABOUT HERBS SO THEY WILL BE OPEN TO USING THEM AS MEDICINE?

“Once upon a time, children would have learned about the many uses of plants—as food, as decoration, and most importantly, as medicine—from their elders. A wise woman or man who had learned the ways of the plants would have guided children as they discovered the natural world around them. Our world is very different now, but plants still have much to teach us.”

– Ellen Evert Hopman, *Walking the World of Wonder*

GETTING KIDS EXCITED ABOUT HERBS

- Start a list of backyard plants
- Replace the items in your medicine cabinet with herbal equivalents
- Keep a journal
- When possible, explore the herbs
- Grow your own
- Choose an herbal ally
- Books, books, books

THE KEY IS INVOLVEMENT!
**PLANT ID ONLINE RESOURCES**

- US Wildflowers website: [https://uswildflowers.com/](https://uswildflowers.com/) Searchable by state and plant common or scientific name
- U of I Extension: [http://extension.illinois.edu/wildflowers/intro.cfm](http://extension.illinois.edu/wildflowers/intro.cfm)
- Go Botany website: [https://gobotany.newenglandwild.org/](https://gobotany.newenglandwild.org/)
- USDA plant database: [http://plants.usda.gov/java/](http://plants.usda.gov/java/)

**PLANT ID BOOK RESOURCES**

- Newcomb’s Wildflower Guide by Lawrence Newcomb
- Botany in a Day & Shanleya’s Quest book and card game by Thomas Elpel
- Peterson Field Guides: Medicinal Plants and Herbs of Eastern and Central North America & A Field Guide to Western Medicinal Plants and Herbs by Steven Foster
- What Tree is That?
- Forest Trees of Illinois (check with your state for your state’s version)

**HERB BOOKS FOR KIDS**

- A Kid’s Herb Book For Children of All Ages by Lesley Tierra
- The Herbalist of Yarrow by Shatoiya de la Tour
- Medicinal Herbs: A Beginner’s Guide by Rosemary Gladstar
- Herb Fairies by LearningHerbs.com (released annually)

**WEBSITE RESOURCES**

- Be Nice to Nettles website: [http://www.nettles.org.uk/](http://www.nettles.org.uk/)
- The Herbal Academy course for kids: [https://theherbalacademy.com/introduction-to-herbs-for-kids-meet-my-friend-herb/?ap_id=herbalrootszine](https://theherbalacademy.com/introduction-to-herbs-for-kids-meet-my-friend-herb/?ap_id=herbalrootszine)
FINDING HRZ ONLINE

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