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"Balanced and Barefoot offers a refreshingly straightforward approach that counters the pressures many well-intentioned parents feel in raising children today. It's about backing off and giving children the space to do what they naturally do—to explore and figure out the world, to make decisions, and use their imagination.

"Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children," will be released April 22nd, 2016 from New Harbinger in the U.S. I would love to meet all of

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com. It is a book about "how unrestricted outdoor play makes for strong, confident, and capable children". I am a huge advocate of outdoor play for my trio (just in case you've never read the blog before). Outdoor play in all weathers, at all times of the year, and in all locations.

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