

TWO GREAT CONTESTS!
see details inside!

The Holiday Giving Issue!

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EcoParent

EXPERT ADVICE:

- ❁ natural flu prevention
- ❁ travelling with cloth diapers
- ❁ holidays & breastfeeding
- ❁ healthier holiday baking
- ❁ getting their daily "D"
- ❁ and SO MUCH MORE!

WANT HAPPY LITTLE ANGELS

at holiday parties? we can help!

GIVE LIKE YOU MEAN IT!

give greener give better give back!

includes our "BETTER GIVING" HOLIDAY GIFT GUIDE

❁ How to Tell Them What (& what NOT!) to Give Your Kids

❁ Eco Beauty 'How To': kinder hair care, perfume, lotions & potions

WINTER 2012 - \$6.99



PLUS (THE GREAT TREE DEBATE) (BIRDFEEDER WREATH) (GREENER CELEBRATING) (AND MORE)

We are grateful for the recognition that "What I See, I Can Be" continues to receive from reviewers for its contribution to keeping kids healthy.

We were delighted to receive this lovely review of the "What I See, I Can Be" Hard Cover Book and Audio Cd from EcoParent by Robin Fraser who says:

"....a revolutionary tool for any primary teacher. In an age of attention deficit and fine motor skill video gaming, yoga in schools could be a life-changing regulator. ...Highly recommended."

WHAT WE'RE READING

BY ROBIN FRASER

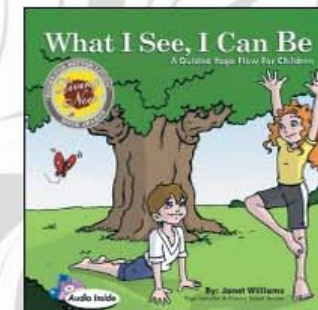
What I See, I Can Be By Janet Williams
Illustrated by Korey McCumber and Mark Stanleigh

Age 3+ book and CD (Light Connections Press)

This is a lovely starting point towards yoga practice for the young and older, alike. Williams uses nature and poetry to harmonize the poses that have earned their namesakes from animals and the natural world. Along with the CD, this

could be a revolutionary tool for any primary teacher, and Williams' pastoral writing style flows along each page, capturing both the essence of the postures and the breath needed to experience and enjoy them. In an age of attention deficit and fine motor skill video gaming, yoga in schools could be a life-changing regulator. My one critique of this book is that nowhere in the book

is yoga credited to its country of origin: India. It's an unfortunate missed opportunity for an educational and cross-cultural connection - but comes highly recommended nonetheless.



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