MUD PLAY

STICKS & SPROUTS

WHY MUD IS GOOD

BENEFITS

CREATIVITY AND IMAGINATION:

Mud is a versatile medium that allows for open-ended play. Children can use their imagination to create a wide range of structures, sculptures, and imaginary worlds using mud. Why is this important?

Studies have shown that childhood creativity is a strong indicator of success in education and career. Those with higher levels of creativity tend to earn more throughout their professional journey, hold positions in elevated occupational categories, and achieve higher levels of educational accomplishment.

"IF YOUR CHILD ISN'T COMING IN DIRTY EVERY DAY, THEY'RE NOT DOING THEIR JOB."

DR. MARY RUEBUSH, IMMUNOLOGIST AND AUTHOR OF WHY DIRT IS GOOD: 5 WAYS TO MAKE GERMS YOUR FRIENDS.
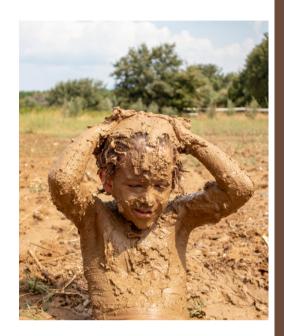
BOOSTING IMMUNE SYSTEM

A 2004 study from Clinical Medical Resources reports that children with exposure to rural settings in early childhood, such as agricultural exposures, may decrease the risk of developing atopic diseases, such as allergies and asthma.

There are tons of studies reporting the immune boosting power of dirt. Research has found that soil is abundant with beneficial microorganisms that can help the immune system and enhance resistance against illnesses, even conditions like depression and anxiety.

A study from Northwestern University suggests that dirt is good for cardiovascular health. Children who had early exposure to microbes, like those found in soil, had lower levels of cardiovascular problem-markers in adulthood.

Preschoolers and antidepressants are becoming more and more common. However, nature play might be able to help.

Studies show that nature-based play reduces stress levels, boosting serotonin for a variety of reasons.

A study published in 2007 reports that Mycobacterium vaccae, or M. vaccae, a beneficial bacteria present in the soil, activates neurons responsible for producing serotonin. The effects are similar to what antidepressants aim to do; boost serotonin levels in the brain.

> " Let your kids experience as much microbial diversity as you can find. Get them outside, let them interact with animals, allow them to play in the dirt, rivers, streams, ocean. Don't sterilize everything they are going to touch or put into their mouth. A great example of this is the pacifier that falls on the ground. Parents who sterilize the binky run the risk of increasing the likelihood that their child will develop food sensitivities later in life. "

Jack Gilbert, Author of "Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System"

While mud play can have numerous benefits, it's essential to be aware of potential risks and take appropriate precautions to ensure a safe and enjoyable experience.

DISCLAIMER: NOT MEDICAL ADVICE. USE THIS INFORMATION AT YOUR OWN RISK.

Resources

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