



**EMPOWERING FAMILIES FOR A
MORE SUSTAINABLE WORLD**

10 powerful tips

on:

*How to Raise
Change Makers*

WHY RAISE CHANGE MAKERS?



"We do not inherit the Earth from our ancestors, we borrow it from our children" Anonymous

As parents, and first educators to our children, we have an enormous privilege and the opportunity to model a sustainable lifestyle in such a way that it brings joy, play, connectedness and love.

For so many of us, the task is overwhelming: busy schedules, lack of simple guidance, and doubts of being able to make a difference keep us playing small...the truth is, our children are watching, absorbing all our habits and values. We created this simple guide for anyone who's ready to transform simple daily habits in their homes, set examples for their little ones to absorb and embrace the possibility of sustainable lifestyle. We strive to create a judgement-free space with expert advice and a safe community to set you and your family off on a transformative journey towards holistic living.



CHAPTER 1

HOW CAN I INTRODUCE MY CHILDREN TO THE CONCEPT OF SUSTAINABILITY IN A KIND AND AGE- APPROPRIATE MANNER?

Children are always watching! The first step in teaching any concept to our child is to embody the concept ourselves: when we pick up litter, recycle and buy mindfully, then our children will copy our actions and behavior.

When we are kind and respectful to everyone we encounter in our daily lives, over time, when they are developmentally ready, they will do the same.

Children are like little sponges, they absorb everything, so what we do matters! You will soon realize that actions are louder than words.



WHAT ARE SOME WAYS TO ENCOURAGE MY CHILDREN TO ADOPT A SUSTAINABLE LIFESTYLE WITHOUT OVERWHELMING THEM?

Live the most sustainable life that is possible for you - and this is going to look different for each family.

Start early, a toddler can: take care of a houseplant; help sort the recycling; offer gifts to others in the community during cultural celebrations; and help sort pre-loved items to distribute to other families. The simplest path is always the most effective.



These sustainable action points can become more complex and naturally open up discussions more as our child grows and matures. The foundation of nurturing the love for sustainable living is kindness, and kindness is powerful and resonant for 1 and 100 year olds!

Begin by incorporating small changes into your family's routine, such as using reusable water bottles and bags, or walking or biking instead of driving short distances. Engage your children in discussions about the positive impact these actions have on the environment and how it contributes to the well-being of everyone around us.

HOW CAN I TEACH MY CHILDREN ABOUT THE IMPORTANCE OF KINDNESS TO THE ENVIRONMENT?

Connecting our children to the natural world as part of our daily life - just 'being' in nature with no other agenda so they experience for themselves what it feels like with the wind in their hair, the grass or sand beneath them, the fascinating world of insects at our feet. No age is too young, or too old - show your children the ways in which having a relationship with the natural world nourishes you, and allow them the space and time to cultivate their own relationship.



Each day take time to get outside and when possible, go for a walk with your family. When you're outside, pay attention to everything you can see and hear. Be in the moment.

If you have younger children, ask them to name:

- 5 things they can see;
- 4 things they can touch,
- 3 things they can smell,
- 2 things they can hear, and
- 1 thing they can taste.

With older children, when it feels right, discuss some of the pressing issues related to sustainable development and how they would impact their lives. You could start with Sustainable Development Goals!

HOW CAN I INSTILL A SENSE OF EMPATHY AND KINDNESS TOWARDS OTHERS THROUGH SUSTAINABLE PRACTICES?

Start within the family, show empathy and kindness to yourself as a caregiver, be sure that your child sees you taking rest when you need it, speaking kindly to yourself. Let them see that mistakes are not a big deal, we all mess up and we can all make amends when things go wrong!



From a young age draw a child's attention to how good it feels inside when we are kind and helpful to others. Older children will want to take concrete action themselves. They can take part in community projects like dog walking, making craft items to sell for local shelters, volunteering in Community.

Help your children understand that sustainability is not only about preserving the environment but also about considering the well-being of others. Sustainability lies at the intersection of social, economic and environmental aspects of the well-being of people and our planet.

CHAPTER 5

HOW CAN I EXPLAIN THE INTERCONNECTEDNESS OF ENVIRONMENTAL, SOCIAL, AND ECONOMIC ASPECTS OF SUSTAINABILITY TO MY CHILDREN?



Ask them to think about their own body. Just like the human body is made up of different parts that must work together for the body to function properly, the planet and all life on Earth is also made up of different interconnected parts, such as the atmosphere, oceans, and ecosystems, and our humanity living on our planet Earth must work together to maintain a healthy and sustainable environment.

Consider the three pillars of sustainability (economic, social and environmental). Economic sustainability is like the financial health of the body/financial well-being, where we need to ensure that we are using resources wisely and not overspending.

.

Social sustainability is like the emotional and social health of the body, where we need to ensure that we are fostering healthy relationships and supporting one another. Environmental sustainability is like the physical health of the body, where we need to ensure that we are taking care of our environment and not polluting it.



HOW CAN I TEACH MY CHILDREN ABOUT THE IMPORTANCE OF CONSUMING RESPONSIBLY?

- Out and about when shopping is a really good way to model intentional purchasing.
- Talk through using reusable shopping bags, choosing produce with little or no packaging.
- Use secondhand book stores, thrift shops for clothes and mend torn items.
- According to your situation try to buy as little as possible 'brand new'.
- Visit local farms, buy crafts from local artisans - connecting them to what they are consuming.

if you have older children, help them develop an understanding of the environmental and social impacts of consumer choices. Encourage them to make thoughtful decisions when purchasing items, considering factors like durability, ethical sourcing, and reducing unnecessary waste. Suggest that consuming less can lead to greater happiness and fulfillment as we strive to keep our environment clutter and litter free, and give them space to experience the impact on their own.



WHAT ARE SOME EFFECTIVE STRATEGIES FOR TEACHING CHILDREN ABOUT THE IMPORTANCE OF REDUCING WASTE AND CONSERVING RESOURCES?

What is really exciting about the early years, is that children are completely in the present moment, they don't need to have long explanations about the reason or the way that we do things; we model and they will follow - it's simple!

For children above 6, sit with them and do research together, a mix of online (supervised with parental controls) and book research. Let them explore why they feel it is important to reduce waste and conserve resources, and support them in compiling charts, checklists, posters - however they wish to pursue what is important to them.



Once an Elementary child or Adolescent feels a personal connection to a cause, their passion and natural thirst for knowledge will drive them!

CHAPTER 8



HOW CAN I NAVIGATE THE CHALLENGES OF TEACHING SUSTAINABILITY TO MY CHILDREN IN A WORLD THAT MAY NOT ALWAYS PRIORITIZE IT?

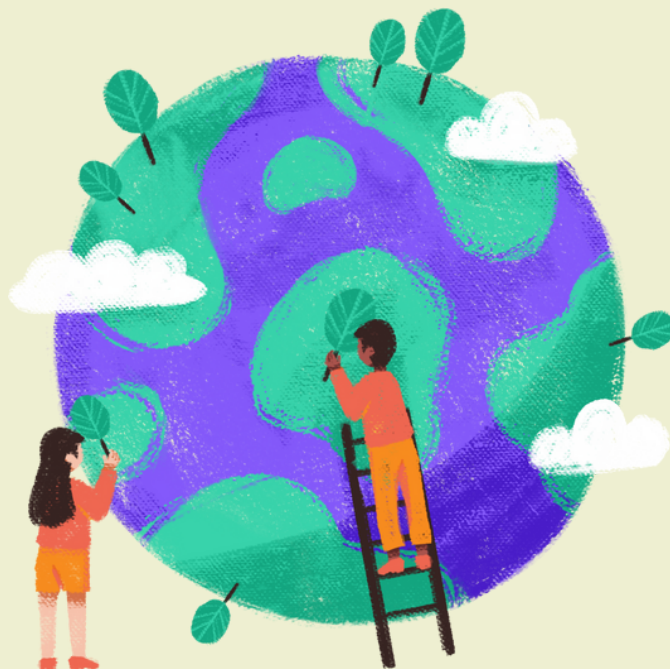
**Know that you are sacred as your child's first teacher!
What you do matters! Our family values will speak louder when we practice them day to day, when our children feel connected, as if they belong, and as if they are understood. We cannot (and do not want to) control the outside world, however we CAN make living a sustainable life the fabric of our family and be their light in the world.**



HOW CAN I EMPOWER MY CHILDREN TO MAKE A POSITIVE DIFFERENCE IN THEIR SCHOOL AND COMMUNITY?

Support their interests, brainstorm together - tell them about the projects you did when you were their age. Arrange for them to meet Community leaders or advocates in your area so they can meet other like minded people to discuss ideas with them.

Let them progress at their own pace, but sprinkle ideas and motivation as they proceed. Elementary children and Adolescents may need support to break down their vision into smaller bite-sized pieces so they don't get overwhelmed and then give up.



WHY SHOULD MY CHILDREN LEARN ABOUT SUSTAINABLE DEVELOPMENT GOALS?

The world has been shaped by its youth. From the civil rights movement to climate change activism, history proves that children are more than ready to take on the challenges of our time. As they learn about the Sustainable Development Goals (SDGs), children will be empowered to make an impact on their own lives and communities in a positive way.



Through this framework, you'll be able to feed into their:

- **Curiosity**
- **Social awareness and ability to connect to the values of justice, compassion and empathy;**
- **Creativity and problem-solving abilities with complex issues at hand; They often come up with original ideas and we need that as humanity!**
- **Confidence that comes with finding their worth and satisfaction from being able to contribute and be of value to the world!**

I WISH TO ADJUST & CREATE:

Home habits



Family activities



Easy and quick adaptation to our home environment:

The Raise Change Makers Institute



I'm Charlotte, and I support Parents and Educators with the most important work of our lives, raising, capable, compassionate contributors to create a more peaceful and just world for everyone

Through following a child's natural development, as a Montessori Educator, Author and Parenting Mentor, I bring you a roadmap on embodying sustainability in family life, through nurturing a deep love for the natural world, fostering empathy, and empowering children to make a positive difference in the world.



Hello there, I'm Ivana Ogbu, a former UN employee with a passion for sustainable development. I'm the author of "Cyril's Kindness Crew," a children's book series that makes complex Sustainable Development Goals accessible and inspiring for young readers. I'm also a certified yoga teacher with passion for embodying mindful kindness to all life on Earth. I am on a mission to simplify and make adventurous the journey of every parent who aspires to raise children that care about sustainability, including sustainable self-care and parenting.

JOIN THE RAISE CHANGE MAKERS INSTITUTE

NEED MORE INSIGHT & SUPPORT?

If you are a parent who dreams of raising children who actively contribute to sustainability, join the Raise Change Makers Journey today to guide, support and empower you in this important mission.

In service to you, Charlotte & Ivana



JOIN NOW