



Paddling with Kids: AMC Essential Handbook for Fun and Safe Paddling

Bruce Lessels, Karen Blom

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From toddlers to teenagers, sharing our love of the outdoors with children can be fun, rewarding - and sometimes challenging. How do you keep children interested while teaching them the proper way to hold the paddle or keep them safe when maneuvering through whitewater? Written by parents for parents, Paddling with Kids has the answers to these questions and many more.

Authors Bruce Lessels and Karen Blom draw not only on their own experiences as parents and whitewater paddlers, but also on their expertise as owners of Zoar Outdoor Adventures, where they have developed paddling instruction programs for children aged 8 to 18. Novice and experienced paddlers alike will appreciate their practical advice on everything from choosing the right gear to sharing the excitement of paddling with kids - without losing your sanity or their affection. This must-have guide is just the tool you need to plan a paddling trip that is safe, fun, and memorable for you and your children.

Special features include:

- * comprehensive "how-to" information on essential skills, safety, gear, and trip planning especially for parents
- * inspirational essays by paddling experts that offer real-life guidance on how to interest children in paddling and how to put newly-learned skills into action
- * information on children's programs including camps, schools, and community-based programs help parents make informed decisions about instruction

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