

Pointers For Parents

Breed Some Horse Sense Into Your Kids

(NAPSA)—The great outdoors is one of the best classrooms a young person can have, as outdoor activities and sports have been known to increase one's self-esteem, according to Robbyn Jackson, Ph.D., a psychologist with DePaul University.

One of the sports that can help an individual excel is horseback riding, an activity where girls and boys compete with each other, helping to break down perceived gender barriers and build a child's confidence level. Involvement in horseback riding necessitates caring for the horse one rides. As a person develops a caring nature and takes responsibility for the horse, this in turn can increase self-confidence.

To further instill these attributes in adolescents, there are classes, books and videos to increase their knowledge of horses and the outdoors. To share in the fun and learning process, try the following activities:

- **Saddle Up To A Good Book**—Enhance your kids' knowledge about horses through reading. For example, *The Saddle Club* is a best selling book series that informs while it entertains your youngster with the adventures of three 'tween horse enthusiasts.

- **Get Involved In Some Horseplay**—Stimulate your child's interest in horses by taking horseback riding lessons together. These classes will teach young adults grooming techniques, how to care for the horse when it's ill and the mechanics of the sport.



Kids' videos, such as *The Saddle Club: Adventures at Pine Hollow*, can spark a lifelong interest in outdoor activities and sports.

- **Watch A Winning Horse Video**—Let your kids' imaginations flourish by watching *The Saddle Club: Adventures at Pine Hollow*. Providing more than one hour of fun and adventure, Warner Home Video presents the story of three young girls who ride and take care of horses. Although the world is changing for these three friends—from preparing for a major horse show to dealing with boys—they know that they can always count on one another, and they have the “Saddle Club” to prove it.

Activities such as sporting lessons, books and home videos will take the educational process from the indoors to the outdoors and keep youngsters happy, active and self-assured. So giddy up and follow the learning trail!

For more information on other educational tools that can spark a kid's interest in outdoor activities, visit www.saddleclubtv.com or www.whvdirect.com.