



# THINGS TO KNOW BEFORE YOU GO



## GROUP MEETUP TIME and LOCATION

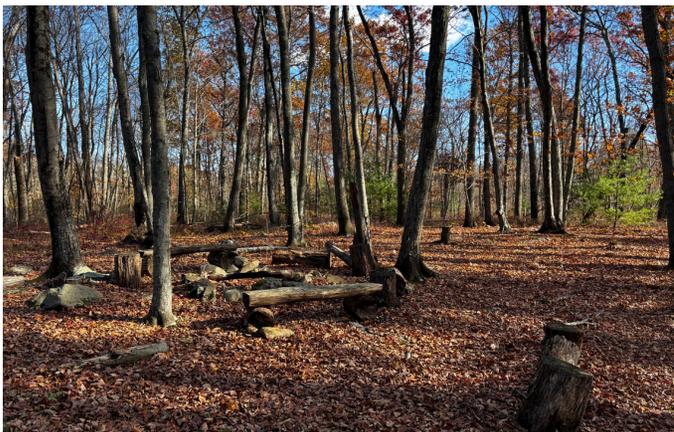
TIME: 9:30 AM- 11:30 AM  
\*\*9:30-12:30 starting in April\*\*

LOCATION: Osamequin Farm  
80 Walnut St. Seekonk, MA 02771

PARKING: OSK families are asked to park in the grass on the side of the main access road.

## OUR SPACE

Our main gathering space will be at the campsite, which is about a 10 minute walk on a trail from the parking area. It is encouraged to bring a stroller or wagon if you think it will be helpful. We will plan to meet at the top of the parking area (you will see the OSK sign) and walk up to our site together.



## CUSTOM OSK\* MAP

If you think this map is cute (because we do you can download & print for your home. Send it over to Staples, as they have a 12 x 18 in poster option!

[VIEW ONLINE](#) →

[DOWNLOAD PRINT](#) →



## ABOUT OSAMEQUIN FARM

Osamequin Farm is a non-profit educational space and working farm committed to preserving the land so they can continue to share it with their farmers and neighbors for generations to come. The farm contains sustainably grown crops, a flower field, animals, hiking trails, a mud kitchen, etc.

[VISIT WEBSITE](#) →

# MESSY PLAY

Children are expected to get muddy, wet, dirty, and creative as part of their exploration and learning. Please bring a spare change of clothes and dress your children in clothing suitable for active, outdoor, and messy play. Visit [www.outdoorschoolshop.com](http://www.outdoorschoolshop.com) and use the code "bcean" for a 15% discount off your entire order.

WINTER GEAR RECS →

15% OFF ODSS →

## ATTENDANCE ROCKS

Yes, it **ROCKS!** But more literally, when you arrive on the campsite, please create the routine of children finding their name and placing it on the attendance board.



## GOING POTTY

There are full sizes porta-potties on site with sinks, however we will also have collapsible mini potties at our campsite for "poo" emergencies, or for those who objects to a good ol' fashion nature pee.

It will be the responsibility of the parent to clean the collapsible potty. Wipes and plastic bags are provided! We are really living rugged on the farm this winter.

# BACKPACK and SNACKS

*A new responsibility, a big adventure - a deeper sense of belonging.*



Each child will receive an OSK backpack, where children should bring their own snacks and water bottles from home. They are encouraged to eat/drink when they feel hungry or thirsty. Reusable snack containers and bottles will always help minimize waste. We want to practice taking a "carry in, carry out" approach to trash — each family is responsible for their own.

Please let us know if you need some support getting containers.

## SOMETHING TO READ TO YOUR LITTLE FERNS

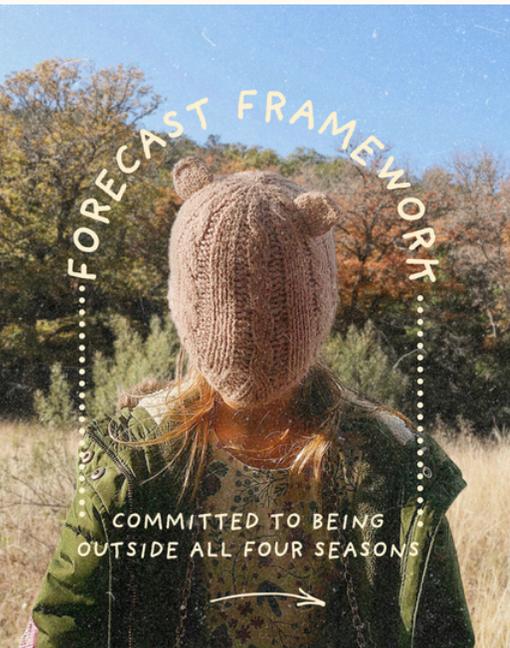
*This backpack is all yours.*

- You bring your backpack to Forest Ferns each day.
- Inside is your snack, your water, and anything that helps you feel comfy.
- You get to carry it all by yourself—because you can!
- You can put special things inside like treasures, sticks, rocks, or leaves (with a grown-up's help).
- Your backpack goes on adventures with you through the woods.
- When we're done, we take care of our backpacks—just like we take care of nature.

MORE ABOUT BACKPACKS →

# MORE RESOURCES

A library of \*OSK resources for families including membership information, weather, mobile app, emergency protocol and more.



## Section 1: OSK Safety & Emergency Procedures

- Parent Supervision**
  - All Ocean State Kids programs are parent-led and not drop-off. Each child must remain under the direct supervision of their parent or designated caregiver at all times.
  - Parents are responsible for monitoring their child's behavior, ensuring respectful engagement with natural spaces, and maintaining safe boundaries around water, roads, and trails.
- Group Leader Role**
  - Group Leaders are volunteer parents who coordinate the program schedule and serve as a point of contact in case of emergency.
  - Leaders will carry a charged cell phone and have the location's address on hand for reference if emergency services need to be contacted.
  - Group Leaders carry basic first aid supplies.
- Medical Emergencies**
  - Parents are the primary responders for their own children.
  - If a medical emergency occurs, leaders and volunteers will work together to:
    - Call 911 if necessary.
    - Provide immediate support until emergency services arrive.
    - Notify the Group Leader so the situation can be addressed around the organization.
- Weather & Environmental Safety**
  - Group Leaders should choose appropriate locations for outdoor activities (rain, cold, wind).
  - Group Leaders may cancel, shorten, or relocate a session if conditions are deemed unsafe by the organization's leadership.
- Community Responsibility**
  - Families who respect and work together to maintain a safe, supportive environment. If unsafe behavior is observed, any parent may intervene and alert the Group Leader.

## Section 2: Lead Child Procedure

- Although parents are responsible for supervising their own children, the following group procedure will facilitate a child becoming the lead.
- Assign the Group**
    - The parent as a child to be observed during the program.
  - Immediate Response**
    - All children are gathered together in a designated meeting spot and supervised by multiple leaders.
  - Organized Search**
    - Leaders determine search areas, checking high-visibility areas such as trees, water edges, play structures, or hiding spots.
    - Search volunteers communicate via cell phones with parents/leaders supervising the gathered group of children.
  - Excitement**
    - If the child is not found within 10 minutes, or if circumstances suggest immediate risk (near water, rocks, etc.), the Group Leader or parent calls 911.

## \* OSK MOBILE APP (OVERVIEW) \*



## Parenting in the WILD

NATURE BENEFITS MORE THAN JUST THE KIDS

- BENEFITS FOR PARENT + CHILD**
  - Nature school doesn't just benefit children and their resilience in future situations as parents, but it also allows parents to connect with nature and bring those moments into their daily lives.
- CONFIDENCE + GROWTH**
  - Our mission is to create resilient parents to become their child's most influential teacher. Stepping into this role builds confidence, deepens intuition, and fills your heart with joy through shared moments.
- DAILY DOSE OF PHYSICAL ACTIVITY**
  - Outdoor learning keeps everyone motivated, joyful, and energized. It's a natural part of life that builds confidence, deepens intuition, and fills your heart with joy through shared moments.
- SERIOUS STRESS + ANXIETY RELIEF**
  - Nature is the ultimate reset button, quickly soothing anxiety and allowing mental fog. A few minutes outside with your child brings you back to what matters, and it does this every time.

SAFETY PROTOCOL

SUSTAINABILITY ASSESSMENT

THE MOBILE APP

PARENTING IN THE WILD

## COLD HANDS, open hearts

CHASING WINTER — BECAUSE CHILDHOOD DOES NOT PAUSE.

WE BEGIN WITH THE CHILD, NOT THE FORECAST

WINTER WEATHER BUILDS RESILIENCE IN WAYS INDOORS CAN'T

THE OUTDOORS SUPPORTS REGULATION AND EMOTIONAL WELL-BEING

WEATHER HEALS + IS NOT A BURDEN

PROPER PREPARATION MAKES WINTER ACCESSIBLE AND EMPOWERING

LEARNING OUTDOORS STRENGTHENS FAMILIES, NOT JUST CHILDREN

FOUR-SEASON LEARNING REFLECTS SUSTAINABILITY IN PRACTICE

COMMUNITY GROWS STRONGER WHEN WE SHOW UP TOGETHER

WHY WINTER

FORECAST FRAMEWORK

BUNDLED & UNBOOTHERED

## Bundled + UNBOOTHERED

SURVIVING WINTER NATURE PLAY + LEARNING

- 1. CREATE A "GO BIN" FOR YOUR CAR**
  - Keep a large plastic storage bin in your trunk filled with essentials. This helps you stay organized and having everything in one place makes transitions smoother and "moments" never "forgot/unprepared for changing conditions."
- 2. DRESS FOR "ONE STEP COLDER"**
  - It's always better to overdress and peel off a layer than to underdress and feel chilled. Loose layers damp air makes cold feel colder, so layers are your best friend.
- 3. STAY DRESSED**
  - Resist the temptation to remove layers indoors unless absolutely necessary. Children's bodies adjust best when they stay acclimated to outdoor temperatures. Pulling layers back on can feel like a horror show.
- 4. KEEP MOVING**
  - Movement is your built-in heater. Encourage kids to run, dig, climb, and build. If you or your child start to feel cold, start moving again — jumping jacks, stomp feet, or playing tag can make a world of difference.
- 5. CHECK-IN OFTEN**
  - Do quick temperature check-ins with your child: "How do your hands feel? How do your legs feel?" These small conversations build awareness and help them recognize their body's cues early before discomfort sets in.
- 6. KEEP EXTRAS**
  - Stash a dry sock in the car — including socks and underlayers. Loose island med and allow have a handy new set of drying every gear in the car.
- 7. HAND-WARMERS (IN BULK)**
  - Buy in bulk if you can — keep them in your trunk, backpack, and coat pockets. A single pack can turn a cold day around in seconds.
- 8. LABEL EVERYTHING**
  - With a simple Sharpie to mark everything, you'll thank yourself later when a mystery mitten appears.
- 9. DRY BAGS**
  - Keep a few reusable bags or dry bags in your car. They're perfect for collecting wet shoes, muddy gloves, or nature treasures your child insists on bringing home.
- 10. DRYER ON BLAST**
  - After every outing, empty bags, unroll shoes, and hang gear to dry overnight (or just toss it all in the dryer). A simple cool roll of beef tray by the door helps everything stay ready for the next adventure.
- 11. WARM UP INSIDE OUT**
  - Bring a thermos with warm tea, hot cocoa, or coffee to share after outdoor play. It's comforting and helps regulate body temperature — and it's a sweet ritual to end the day.
- 12. TEACH INDEPENDENCE**
  - Encourage your child to help dress themselves in layers and recognize when they're too hot or cold. It builds confidence, body awareness, and self-advocacy.
- 13. WEATHER CHECK ROUTINE**
  - Make a quick "open check" part of your morning ritual. This empowers kids to understand weather patterns better.
- 14. EMBRACE "IMPERFECTION"**
  - There's no such thing as perfect outdoor gear. Some days your boots will leak, mittens will be mismatched, and gloves will get wet. The goal isn't perfection — it's presence.



LISTEN TO THE PODCAST