

## Take Me Fishing by Eugene Ghourarides

No matter who you are, sometimes, everybody needs a breath of fresh air. And so do young children. Being one with nature can help children grow and develop - socially, physically and emotionally. Outdoor sports are a fantastic setting for kids to explore, learn and play. It may also help them burn some of that extra energy from being indoors and inactive. Children get a very different experience by being outdoors with their parents. Fishing is one great way to spend an afternoon in the outdoors with your children. They have their parent's undivided attention, without the distraction of modern living that happens indoors. Spending time fishing together can also be an effective way to reward or treat your child. This is powerful in



helping to shape their behavior, as well as many lasting positive memories. Do you remember the moment of joy that was

brought on with your first catch? You may have thought you caught the largest fish in the lake, but regardless of the size or species you caught it probably left a bright spot in your memories. That is what fishing is all about! Kids love outdoor adventure. Introducing them to the wonder of nature and the thrill of outdoor sports is critical to build a foundation based on an active life style. Fishing is one of the easiest and most affordable ways for families to come together in a significant way.

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### **A few tips to make your child's adventure pleasurable, and ultimately memorable!**

Target areas that have a high probability of success. A pond or lake that has been stocked with fish is a great place to start. Most kids are happy just catching a number of small fish such as panfish. The continuous success of catching fish keeps kids interested.

Make it a picnic. Bring food, snacks and drinks so that between bites, skipping stones and discovering nature, you can all enjoy an outdoor meal.

Live bait increases the chance of catching fish.

Most importantly, be patient. You may spend most of your time untangling lines or baiting hooks. Kids easily get distracted and they may think the butterfly or frog that they just caught is more fun than fishing. Let them enjoy the time spent outdoors, away from TV, away from the Internet, and away from video games.

Don't forget the bug repellent & sunscreen. Nothing worse than being bitten or sunburned while trying to enjoy what nature has to offer.

Keep it simple. A fishing rod should be no bigger than six inches longer than a child's height. Push-button reels are entry-level models and perfect for kids.

*Remember keep it simple, keep it fun, take plenty of photos, and most of all be patient. This is your winning formula to pass on your love for the sport!*

If you require any additional information, please do not hesitate in contacting me at [Eugene@DockTalk.ca](mailto:Eugene@DockTalk.ca)

## ***Want to get your kids involved in fishing?***

As a parent there are a variety of ways to do this. Here are some options in southern Ontario to get your kids started into the sport of fishing:

- **B.A.S.S & Junior Bassmaster.** Details can be found at <http://www.ontariobass.com/youth.shtml>
- **AYA (Angler Young Angler) Tournaments.** The main objective is to introduce and educate young anglers to competitive sport fishing in a fun environment surrounded by family and friends while creating memories that will last a lifetime. Each team in the tournaments consists of one angler and two young anglers, 17 and under. Details can be found at <http://www.angleryoungangler.ca/>
- **Edu-Cast – Ontario High School Fishing Series.** This program was established in 2005, and in its short three years in existence it has seen tremendous growth and support from the community, fishing industry, and the Ministry of Natural Resources. In the 2008 season the tournament series had over 1200 competitors, which consisted of students from as far as Ottawa to Windsor Ontario. Additional details can be found at <http://www.educastfishing.ca/>
- **“Catch A Dream” Kids Fishing Derby.** This event is very unique in that it not only introduces and provides the kids an opportunity to enjoy the sport of fishing but boating as well. Additional details can be found at <http://www.catchadream.ca>

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*Eugene is a member of York Bassmasters and is sponsored by Lures & Tours.*