



Fishing Can Help Combat Increased Screen Time During Remote Learning

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Due to the COVID-19 pandemic, many school districts are switching to full-time remote learning or a hybrid approach that combines in-person learning with remote learning. Whichever form is used, this means that many children are in front of a computer for more hours each day. Parents who are concerned about this increase in screen time can use fishing as a way to combat the detrimental effects of spending hours in front of a computer.

"Fishing is an excellent way to get children outside and engaged," said Russell Conner, owner of the Rusty Angler, a website that offers fishing tips and techniques. "Fishing is also a safe activity during the COVID-19 pandemic because it can be done outdoors while maintaining a distance from others. Fishing offers numerous learning opportunities in a relaxed setting. It can be a great outlet for the entire family."

Aside from getting children outdoors, fishing benefits children in a myriad of ways. From a physical standpoint, fishing can help improve a child's motor skills and coordination. "Casting and reeling in a fish

requires dexterity, planning, coordinated movements, and balance," said Conner. "Learning to fish is also a wonderful way to build cognitive function."

From an emotional standpoint, fishing is an ideal way to teach children patience and perseverance. "Waiting for the fish to bite is a great way to teach children the art of patience and not giving up," said Conner.

The slow pace of fishing also provides families with an opportunity to have conversations, which promotes family togetherness and bonding. In addition, fishing relieves stress by lowering cortisol levels—a benefit for both adults and children.

Besides learning a new skill they can use for the rest of their lives, fishing also helps children to appreciate the outdoors and gives them an understanding of where their food comes from. Fishing also increases a child's confidence and independence. "Nothing boosts children's self-esteem more than catching their first fish all by themselves," said Conner.

When it comes to teaching children to fish, there are a variety of resources available locally and nationwide. One such organization is Teach A Child To Fish (TACTF), which is devoted to teaching children the joys and responsibilities of fishing.

When selecting fishing equipment for children, the key is to get a child-friendly set-up that is appropriate for the child's age and experience level. "There are a variety of inexpensive sets for young fishermen," said Conner. "The Rusty Angler recommends brands such as Kid Caster, Zebco, Planer, and Ugly Stick."

Parents should look for equipment that is sized for small hands and that is lightweight but durable enough to get the job done. Snap-on bobbers in bright colors are easier to handle and will alert children to movement. Some brands even feature popular characters such as SpongeBob and Teenage Ninja Mutant Turtles.

"Teaching a child to fish is a fantastic way to reduce stress, get outdoors, and impart valuable knowledge," said Conner. "It might even lead to family fishing vacations down the road!"

For experienced anglers who want gear recommendations for their children or novices who want to discover the sport of fishing with their children, the Rusty Angler has many resources to help with gear choice, techniques, and more.

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For more information about Rusty Angler, contact the company here: Rusty Angler Russell Connor (800) 459-0519 support@rustyangler.com 4400 N Scottsdale Rd, Ste 9-285 Scottsdale AZ 85251

Rusty Angler

Rusty Angler offers the latest fishing tips, techniques and free fishing gear giveaways to fishers across the USA.

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