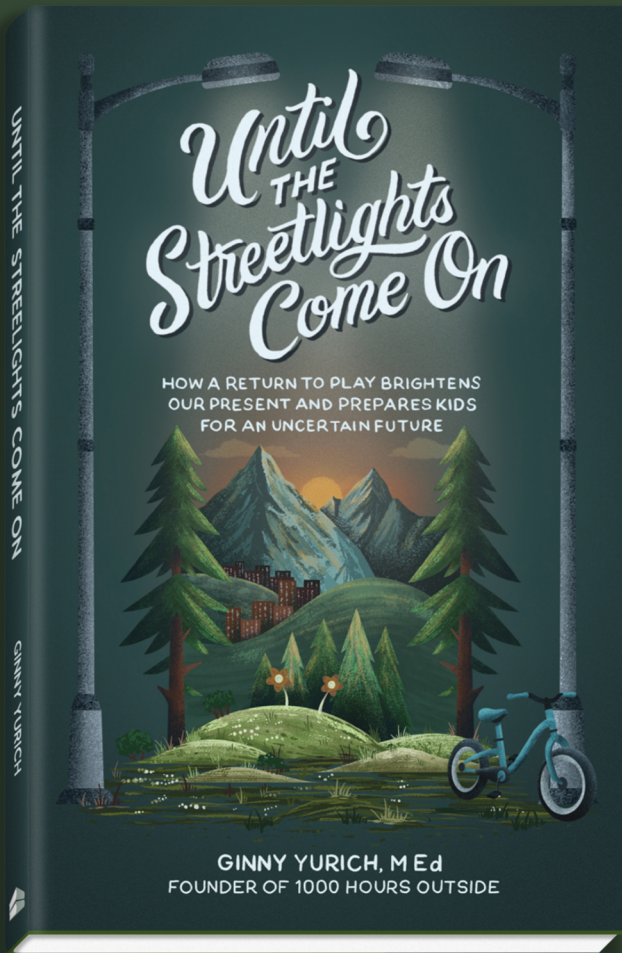


# ABOUT THE BOOK

## Reclaiming Childhood and Parenthood with One Simple Solution: Play



***Until the Street Lights Come On:  
How a Return to Play Brightens Our Present and  
Prepares Kids for an Uncertain Future***  
By Ginny Yurich, MEd

Publisher: Baker Books,  
a division of Baker Publishing Group

ISBN: 978-1-5409-0351-8  
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When did it become normal for childhood to consist of long school days, piles of homework, unending extracurriculars, and hours of screentime? Over the years, we have experienced a generational shift that replaced the simplicity of childhood with an onslaught of technology and scheduled activities. Our kids spend 4 – 7 hours using screens each day, and only 4 – 7 minutes outside.

In her new book, ***Until the Streetlights Come On: How a Return to Play Brightens Our Present and Prepares Kids for an Uncertain Future*** (Baker Books, November 14, 2023), founder of the 1000 Hours Outside movement, **Ginny Yurich** teaches parents the importance of outdoor play for their children. Overwhelmed parents can move beyond their exhaustion to experience relief, joy, connection, respite, and delight as they learn to embrace the creativity of old-fashioned play—all while raising children who are better prepared for their future.

More than just conceptual research, *Until the Streetlights Come On* affects the lives we actually live. Hundreds of thousands of families have already changed their lives through 1000 Hours Outside, and now Ginny shares even more insight to the importance of getting back to nature, the joy of learning for the fun of it, and embracing the simple solution of unstructured play.

“Play is those times you catch a child fully immersed in a world of his own,” writes Ginny. “But what he is doing is odd by every standard of adult measurement. It has become foreign to you at your age. You wouldn’t do it. But the handful of dirt he spreads across his legs and then brushes off with a stick, all on a repeating loop, is play. Strange as it all may seem, it remains a worthy use of time.”

## MEDIA CONTACT

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## ABOUT THE AUTHOR

**Ginny Yurich** is a homeschooling mother of five and founder of 1000 Hours Outside, a global movement designed to reclaim childhood. Along with her husband, Josh, Ginny is a full-time creator and curator of the 1000 Hours Outside lifestyle brand, which includes a robust online store, an app, and books. She also hosts the *1000 Hours Outside* weekly podcast. A thought leader in the world of nature-based play and its benefits for children, Ginny lives with her family in the Ann Arbor area of Michigan.

[www.1000hoursoutside.com](http://www.1000hoursoutside.com)



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## SAMPLE INTERVIEW QUESTIONS

- Thank you for joining us, Ginny. Will you tell us a little bit about your background, your family, and the 1000 Hours Outside movement?
- You noticed as a young mom that something felt off; you felt unqualified. What is it about our culture that makes so many new moms (and seasoned moms!) feel that way?
- *Until the Street Lights Come On* is kind of a return to yesteryear, where generations of kids played outside, unsupervised and without structure. Why do you think our culture has shifted away from this? What are kids lacking by not spending time outdoors? What do they have to gain?
- Let's talk about screens. A lot of parents struggle with how to find balance with technology, and it's not an easy task. What have you learned through the years about your kids on and off screens?
- What should we do in those moments where screens feel like the only answer? And what would you say to the parent who feels like a failure for relying on tech to occupy their child?
- Your family has spent 1000 hours outside every year for the last decade. What are the benefits of this for parents? For children? What do you notice in your kids if they've been lacking in outdoor time?
- The pace of modern life doesn't align with the ebbs and flow of nature through daylight and nighttime or the changing seasons. Why is good for our bodies to be exposed to sunlight and these changes?
- How does play enhance our children's social skills?
- At the end of the book, you write, "Today is the day when you get to choose how you want your family to be." Will you expand on that for us?
- Where can our listeners go to connect with you and purchase a copy of *Until the Street Lights Come On*?
- **BONUS QUESTION for the 1000 Hours Outsiders**—Ginny, you have to tell us. Does sleeping in a tent count?!

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# PRAISE FOR *UNTIL THE STREET LIGHTS COME ON*

“*Until the Streetlights Come On* takes us back to the cul-de-sacs and customs of our youth when play was more than just a pastime, it was a rite of passage. Rousing and replete with research, this book is a primer for preserving play and giving childhood back to its rightful owners—our kids.”

– **AINSLEY ARMENT**, founder of Wild + Free

“Call it what you like: play, adventure, or preparing kids to save the world. Connecting with nature is fun, healthy, and vitally important.”

– **ALASTAIR HUMPHREYS**, author of *Microadventures* and a National Geographic Adventurer of the Year

“For every swirling emotion you and your kids are navigating right now—*Underwhelmed! Overwhelmed! Everything in between!*—play promises hope and connection on the other side. And in her brilliantly illuminating book, Ginny Yurich is the guide who leads you straight there and beyond. Overflowing with reflective prompts and practical ideas for deeper play, *Until the Streetlights Come On* is the definitive guide to play for those of us who can't remember what it means to play—and for those of us who can't afford to forget.”

– **ERIN LOECHNER**, author and founder of Other Goose

“I had planned to read one chapter of *Until the Streetlights Come On* daily until I completed it, but once I opened it, I finished the entire book because I couldn't stop reading. In each chapter, I felt seen, challenged, and inspired to fiercely protect my family's slow margin. Ginny offers a special balance of science, heart, and soul as she presents a MasterClass for prioritizing play, honoring childhood, and building relationships in the great outdoors. I've never felt more motivated to be present, free, and unabashedly me.”

– **AMBER O'NEAL JOHNSTON**, author of *A Place to Belong*

“A timely book! Ginny expertly captures the attention of her audience with humor and candid stories, taking us all deeper into the importance of play and authentic connection with others. There is much truth in *Until the Streetlights Come On*.”

– **ANGELA HANSCOM**, author of *Balanced and Barefoot*

“Ginny is a special person who has written a very special book. *Until the Streetlights Come On* does not hanker for the past but instead looks ahead to the time where increasingly children will need to be self-motivated, adaptable, creative problem solvers and team builders. She skillfully lays out a way that will feel in flow with everyday life, giving space for children to have a childhood and deeply play. In simple and joyful terms, Ginny has described a pathway to giving our children a childhood so that they can grow into successful, competent, and confident adults. She has done it with a warmth that leaves us with the feeling ‘I can do this.’”

– **KIM JOHN PAYNE**, MEd, author of *Emotionally Resilient Tweens and Teens*, *Simplicity Parenting*, *The Soul of Discipline*, and *Beyond Winning*

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