

YOUR BABY AND OUR FUTURE: A GUIDE TO PARENTING SUSTAINABLY

Congratulations on the arrival of your baby!

Life with a new baby is exciting but has its challenges, even if you've been here before. You will have already made some changes to your lifestyle in preparation for your baby's arrival; this resource has been designed to help you consider how to make these changes fit with your values and to find a lifestyle that is **best for you, your baby and our shared planet**. That's what parenting sustainably is all about: recognising that people depend on the planet for everything we need, use and buy, and trying to care for your baby without harming the environment that future generations will also rely on.

Don't panic!

The advice out there on any aspect of parenting can be overwhelming. There are lots of great tips on how to live sustainably online, probably in your local community, and perhaps from your friends and family too. This resource gives you a few starting points to consider when planning the kind of future you want for your family. **Don't feel you have to do it all**: the aim isn't to make you feel guilty, but to help you make informed parenting decisions.



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Why sustainability?

Many parents find the arrival of a new baby changes their perspective on life: what is important, what they want for the future, and their role in this. On a national level, Scotland has **committed to sustainable development** and we are seeing the impact of this in the things we buy and the way we are encouraged to live. Think of this as a chance to take stock and make a commitment to sustainable development on a personal level. After all, this involves your baby's future.

At each stage of your child's early years development you will receive a resource to support you in

- identifying and acting on the values that make you who you are as a parent
- making your impact as a consumer more positive, locally and globally
- finding ways to enjoy your natural environment with your child

With a small baby, nappies, feeding and working on your general health and wellbeing are clear priorities, so that's where we'll start. Each section has useful links so you can find out more online, but do remember that **your local library** will offer a range of books on these topics as well as internet services and perhaps some information about local face-to-face groups too.

'Surely we have a responsibility to leave for future generations a planet that is healthy and habitable for all species' – *Sir David Attenborough*

Find out what's important to you

Values are the things that you care about: they are deeply ingrained and affect everything you do. As a new parent, it is useful to think about your values now because **they direct the kind of parent you are** and the behaviour you model to your baby.

Try this:

Take a few minutes to think about what is most important to you in life, and what makes you happy. If possible, talk about this with your partner, family or friends. You might find that your values fit under a certain category, like family, work, self-improvement or making the world a better place. There are no 'right' or 'wrong' values! Try to narrow your list down to your top 3.

Now you have identified your core values. You might want to set a **goal** for each one, for the first year of your baby's life. Write these goals down or tell your partner, family or friends. Keep these values in mind when looking at the following tips for sustainable parenting: which tips reflect who you are as a parent, and what you want for your baby's future? Here are a couple of examples to get you going.

Value	Goal
Open-mindedness	Go somewhere new on a buggy walk
Resourcefulness	Find a local group to support me in areas of parenting I'm unsure of, such as baby massage or breastfeeding

Useful links

[ed.ac.uk/reflection/reflectors-toolkit/self-awareness](https://www.ed.ac.uk/reflection/reflectors-toolkit/self-awareness) for the full 'Values' and 'Goal setting' activities.

The importance of getting outdoors

There are so many advantages to being outdoors in sunlight and fresh air, for you and your baby. Your baby's natural and physical **development, sleep patterns** and **immunity**, and parents' **mental health** have all been found to benefit from time spent outdoors. This can be difficult if your baby is born in a cold, dark winter, but as long as you both wrap up warm and plan your adventures carefully, it shouldn't stop you from accessing these benefits.



Image by [Kelly Sikkema](#) on [Unsplash](#)

Try this:

Most country parks are on public bus routes and have well-signposted accessible paths that are suitable for buggies.

The sling in your Baby Box, or a baby carrier, will give you access to more uneven paths.

Show your baby a variety of places if you can, such as woods, heathland, lakes and beaches.

Talk to your baby about what you see, hear, smell and feel.

Top Tips:

Pack a drink and snack.

Outdoor nappy changes are part of the reality of parenting! Rucksacks are easier than most changing bag designs to carry (some changing bags come in a rucksack design, too).

If you can, invest in some waterproof outer layers and a cover for your buggy/carrier so wet weather won't stop you from getting outdoors.

Useful links

babysleepsite.com/baby-sleep-patterns/why-spending-time-outdoors-can-improve-babies-sleep and parent.com/6-health-benefits-nature-young-babies for the benefits of getting outdoors.

nature.scot/enjoying-outdoors/find-country-park to find your nearest country parks.

slingpages.co.uk to find your nearest sling library, for advice and trials of slings and carriers.

Try looking in your online communities for groups that organise buggy walks, walks for families or that recommend outdoor activities in your area.

Breastfeeding: the sustainable choice

Some birth and living circumstances can restrict how much choice you have in how you feed your baby. If breastfeeding is an option for you, your midwife and the information you received through the NHS when you became pregnant will already have outlined the **health and financial benefits** of breastfeeding, but did you know that on top of that, as your breastfeeding body does all the work for both you and the planet, **breastfeeding is the sustainable choice?**



Image by 102Messmanos on Pixabay

If you do choose to use formula, try to avoid ready-mixed bottles, buy larger cans of powder and recycle the packaging, to reduce your impact on the environment.

The environmental impact of the formula industry in numbers

Most formula is made from cows' milk. The dairy industry uses a huge amount of water and produces methane, which causes global warming.

The need to heat water to 70 °C and sterilise formula-feeding equipment uses a great deal of energy every day.

Around 550 million infant formula cans are added to UK landfills each year.

If all UK mothers breastfed up to 6 months alone, the effect on the country's carbon footprint would be the same as taking between 50,000 and 77,500 cars off the road each year.

The natural resources and energy needed to make the paper and plastic for formula, and the transportation involved, also contribute to global warming.

BMJ, 2019

Top Tip:
Check out Facebook group **Can I Breastfeed In It UK for breastfeeding-appropriate clothing finds and advice.** The group is so influential that in 2019 it inspired a new line of breastfeeding-friendly clothing from Sainsbury's!

Useful links

nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding for general information.

laleche.org.uk/find-ill-support-group and nct.org.uk/local-activities-meet-ups for local support groups.

kellymom.com for evidence-based information and articles on a range of breastfeeding issues.

Try looking in your online communities for other professional and peer breastfeeding support.

The stuff you buy: nappies

Chances are, nappies have undergone some big changes since your parents' generation. Both disposable and cloth nappies are much less bulky and more efficient than they were a few decades ago, and there's a lot more choice. With **8 million disposable nappies going to landfill each day in the UK**, choosing cloth nappies is a good way to take some positive action for our future. Some birth and living circumstances may mean you are restricted in your choice, but here are some pros and cons of both varieties.



Image by PublicDomainPictures on Pixabay

Cloth nappies



Disposable nappies

Image by PublicDomainPicture.net

Pros	Cons
Save up to £750 per child	Adds to your laundry
40% better for our environment	Tumble drying adds to environmental impact
Can be bought second-hand and passed on when finished	Finding the right nappy/wrap combination can be tricky
Solid contents are flushed and treated with other sewage	Slightly more to carry when out and about
Natural fabrics next to your baby's skin	

Top Tip:
Take a plastic bag with you when out and about for used cloth nappies

Pros	Cons
Cheaper to buy per nappy	Takes hundreds of years to break down in landfill
Convenient: just throw away when used	Contents of nappy can end up in water system untreated

Top Tip:
Baby wipes don't have to cost the earth either! Try cutting up an old towel and soaking in water to make wipes that can be washed with the rest of your laundry

Scotland's Baby Box includes a voucher for a cloth nappy from Glasgow-based company TotsBots, to reduce your start-up costs.

Useful links

thenappylady.co.uk for experienced advice on the best brands and nappies, as well as a questionnaire that gives you personalised recommendations.

totsbots.com/ for some up-to-date information about the benefits of cloth nappies.

Try looking in your online communities for places to try cloth nappies out (such as [facebook.com/groups/nctaberdeennappylibrary](https://www.facebook.com/groups/nctaberdeennappylibrary) or [facebook.com/GlasgowClothNappies](https://www.facebook.com/GlasgowClothNappies)). These groups are full of experienced parents who are happy to answer questions, and buying and selling may also be permitted.

YOUR TODDLER AND OUR FUTURE: A GUIDE TO PARENTING SUSTAINABLY

Your little one is growing up fast!

Now you are a parent to a toddler you may feel like you never stop: your little one may be always exploring their surroundings. When your toddler was born, you were given the opportunity in the *Your Baby and Our Future* guide to take stock of your values as a parent and to set goals for the coming year. Whatever that year held for you, it can be useful to take a moment to reflect on how far you've come, and set new goals.

This guide will take you through a few more aspects of family life and offer some information and changes you can try to make your **lifestyle the best it can be for you, your toddler and our shared planet**. Again, **don't feel you have to do it all**: the aim isn't to make you feel guilty, but to help you make informed parenting decisions. Each section has useful links so you can find out more online, but do remember that **your local library** will offer a range of books on these topics as well as internet services and perhaps some information about local face-to-face groups too.



Image by Daiga Ellaby on Unsplash

Challenging the world around you

Ever felt frustrated by all the plastic toys out there, the expense of organic food, or toddler clothes made either for cool dudes or little princesses? You're not alone. All parents want what's best for their child, but not everyone has the time, money or willpower to stop and consider that alternatives to the options put in front of us every day. While even the most strong-willed parent will struggle to do this all the time, sometimes **stopping to challenge norms can open up new possibilities** for parenting sustainably. Now your toddler is more aware of the world around you, it's time to get into good habits and start **modelling the attitudes towards people and the environment** that you'd like them to have.

What parents say about challenging norms

'I am very aware of the "types" that society places on us ... grandparents desperate to dress my girl in all pink, the buggy and doll she was given. I think trying to be relaxed about it works, but also teaching both my kids about gender equality, feminism and empowerment for all.' - *Gemma*

'I feel like we make compromises all the time, with sustainability ... We used to be almost vegetarian, but eating meat is an easy way to get iron, and the kids will eat sausages.' - *Alistair*

'We're a same sex family unit so constantly have to challenge norms on behalf of our toddler son. My son was babbling to a lady and she said "and what time does daddy get home tonight?" I had to explain there was no daddy and she looked at me as if I'd told her I'd murdered someone.' - *Jean*

'I was keen to use the cycle trailer instead of driving with Alex but there was so much competing advice regarding its safety in general that I was anxious about it.' - *Kate*

'stay close to nature. It will never fail you.' - *Frank Lloyd Wright*

Gardening with your toddler

When your little one was a baby, they may have experienced first-hand the changes in seasons and the different shapes, colours and sensations that nature in Scotland has to offer when you took them outdoors. Now they have grown into a toddler, you have the opportunity to develop your child's awareness of the world around them even further, from **recognising the seasons, weather and how to stay safe outdoors**, to **understanding the life cycle of plants and where our food comes from**. Gardening is a brilliant way to develop lots of skills and attributes at once, including curiosity, fine motor skills, responsibility, patience and mindfulness. Of course, parents can have fun and learn something new too!

This section focuses on gardening, but the activities below work just as well on a windowsill or table. **Live in a town or city**, but want to get outdoors and see the seasons in action? See **useful links** below for some support in finding the green spaces near you.



Image by Sophie Coats

Try this:

While out on a walk, talk about the signs of the changing seasons, such as plant shoots on the ground in spring, or leaves changing colour in autumn.

Make a garden for a favourite soft toy in a cardboard box by collecting items like stones, sticks, pine cones and fallen leaves outdoors. Remember not to take anything from a living plant, unless it's in your own garden.

Plant some quick-growing seeds like cress with your toddler, observe the changes in them every day, and eat them when they're ready. You can use a plastic bottle with some holes cut in the base as a plant pot and make your own compost (see useful links.)

Growing plants you can eat is a great way of getting healthy food, and showing your little one where their food comes from and how great it tastes when fresh and in season! Just remember to wash fresh veg thoroughly.

Top Tip:

Seeds can be expensive. Try keeping seeds where possible from your favourite foods – this works well for peppers, strawberries and tomatoes. Carefully pick out the seeds and let them dry on some paper. Keep in an envelope somewhere cool and dry until it's time to plant them.

Useful links

muddypuddles.com/blog/top-5-benefits-of-getting-your-children-into-gardening for the benefits of gardening.

pickyourownfarms.org.uk/scotland_pyo.php for pick your own fruit farms near you, and for green spaces see getoutside.ordnancesurvey.co.uk/greenspaces and outdoorlearningmap.com.

bbc.co.uk/cbeebies/grownups/how-does-your-garden-grow and teaching2and3yearolds.com/preschool-gardening-ideas for activities for older toddlers.

bbc.co.uk/gardening/gardening_with_children/homegrownprojects_compost.shtml to make compost in a garden, or to use a bottle: changeworks.org.uk/sites/default/files/Make_compost_in_a_bottle.pdf.

How sustainably are you living?



Image by Edgar Castrejon on Unsplash

Are you a fan of meat-free Mondays? Do you switch off lights and devices when you're not using them? Do you sort your waste and put out your recycling bins? Many families are already taking action to lessen their impact on the environment, and with good reason. Over the past 50 years, the amount of natural resources we use in our everyday lives has increased by about 190%, the result being that we are **using up our soils, forests and ocean life faster than the planet can renew them.**

The natural resources that any one person uses over the course of a year is called their **ecological footprint**. Although your household is one of many in Scotland, the size of your footprint, and the impact you have, might surprise you. Not all parents have money to spend on the most energy-efficient appliances, or time to grow their own veg, but it's about finding **what works for you**, and everyone can find ways of making their footprints smaller.

Your natural world in numbers

The services nature provides, for example for food, textiles, technology, are worth around **£89.8 trillion** each year.

Between 1970 and 2014, **species worldwide lost an overall 60%** of their population.

Almost **6 billion tonnes of fish** and other seafood have been taken from our oceans since 1950.

3 billion people are underfed and/or underpaid because of land degradation worldwide.

In 2010 **between 4.8 and 12.7 million tonnes of plastic** ended up in the ocean.

WWF, 2018

Try this:

The WWF footprint calculator works out your household ecological footprint for you. Go to footprint.wwf.org.uk and complete the quick and easy questionnaire to find out yours, shown as a percentage of the UK target average.

Stuck for ideas on how to make a difference? The brilliant thing about this calculator is that your results breakdown page also gives you tips on how to reduce your impact on the environment. Try choosing one to three tips to try over the coming year. You can use the calculator again next year and see how you've done!

Image by Evie S on Unsplash



Useful links

[wwf.org.uk/updates/living-planet-report-2018](https://www.wwf.org.uk/updates/living-planet-report-2018) for a summary (and the full report, if you're keen!) of our effect so far on the natural world.

Try searching your online communities for sustainable living or zero waste groups for ideas.

The stuff you buy: toys

As your child moves into toddlerhood the toys available become much more varied, and your little one will have much clearer favourites! It's easy to feel pressured to provide your toddler with the toys they love from playgroups, that their friends have or that are based on their favourite characters from books or TV. Many of these toys will be plastic.

Plastic toys

Plastic is amazing stuff. There are many types of plastic, but for the main ingredient is always a derivative of crude oil. We can wear plastic, eat on it, use it to make a variety of objects, and of course, play with it. And the most amazing thing? It lasts for between 450 years and forever. Despite this, 40% of plastic is only used once, and many parents can relate to the party bag or free-with-a-meal toy that quickly breaks or loses its appeal. With much of discarded plastic ending up polluting oceans and beaches, it pays to think twice before buying a toy, or looking for alternatives to plastic.

Wooden toys

The good news is that toy manufacturers have noticed the increase in demand for wooden toys, and a variety of brands and styles are available, from the upmarket Le Toy Van and Jacques of London to the more affordable Melissa and Doug, Little Town (Aldi's own brand) and Carousel (Tesco's own brand). These toys are often made with FSC approved wood, too.



Image by Soraya Irving on Unsplash

Top Tip:

If you do buy plastic toys (including second-hand), look for ones that do not contain BPA and phthalates, chemicals that pose a health risk when sucked or chewed. Many of these chemicals have been banned in EU countries but toys bought online and imported may not have been checked.

Try this:

You can spend a fortune on all-singing, all-dancing toys for your toddler when all they want to do is stack empty ice cream tubs and put things in and out of egg boxes. Look around your house for inspiration for playtime!



Image by Leo Rivas on Unsplash

Useful links

[nationalgeographic.co.uk/10-shocking-facts-about-plastic](https://www.nationalgeographic.co.uk/10-shocking-facts-about-plastic) for some hard-hitting facts about plastic.

healthscotland.com/documents/20735.aspx for play at home activity sheets – full Play@Home books are provided by your health visitor.

Try looking in your online communities for second-hand toys, as this is cheaper and more sustainable than buying them new.

YOUR CHILD AND OUR FUTURE: A GUIDE TO PARENTING SUSTAINABLY

Your little explorer

Your little one is probably not so little anymore! This is an exciting time for you both, as they can understand the world around them much more clearly and can interact with it more on their own terms. This tends to bring with it a multitude of questions, some of which can be difficult to answer! It can be marvellous to see the world through the eyes of a pre-schooler however, and a good opportunity for you to explore and think about your local and global environment too. As with the previous instalments of the *Your Child and Our Future* guides, this resource is designed to support you in making your lifestyle the best it can be **for you, your**



Image by Kelly Sikkema on Unsplash

toddler and our shared planet. Don't feel you have to do it all: the aim isn't to make you feel guilty, but to help you make informed parenting decisions. Each section has useful links so you can find out more online, but do remember that **your local library** will offer a range of books on these topics as well as internet services and perhaps some information about local face-to-face groups too.

What changes can I make in the world with my child?



Image by Marcus Spiske on Unsplash

Over the past few years, the *Your Child and Our Future* resources have encouraged you to reflect on your personal values, to think about your impact on the world around you and to start to make changes to your lifestyle, where possible, to reduce that impact. Mostly this has revolved around the stuff you buy, but living **sustainably isn't just about buying less, or buying the right things.** There are lots of ways of making change in your local area and putting pressure on the government and businesses to make the kind of Scotland you'd like your child to grow up in. Here are some of the things you might want to look into:

- following the issues you care about on the news and social media
- sharing articles and petitions that interest you on social media
- looking for local groups that hold marches or events that you can get involved in
- writing to your MSP/MP about issues that worry you
- joining a not-for-profit group that lobbies the government on issues you care about

Where possible, it's a great idea to do some of the above with your child. In doing so, you're showing them how democracy works from an early age, which is empowering for them and could be a new social and political experience for you!

'The earth is what we all have in common.' – *Wendell Berry*

The stuff you buy: preloved

It's vintage, darling

Charity shop clothing finds aren't just for fashion-savvy trendsetters. The online second-hand clothing market is booming: it's much **cheaper to look for preloved clothes**, selling your old and outgrown clothes offsets the price of replacements, and you can **feel better about your environmental impact** when buying preloved products, too. Buying bundles of clothes second-hand is particularly useful when shopping for small children, who are constantly moving up a size and because of their active lifestyle can burn through clothes very quickly.

The clothing industry in numbers

Clothing production roughly **doubled between 2000 and 2014**.

In 2016, the average person bought **60% more clothing** than 15 years previously, but **kept clothes for half as long**.

Returned online shopping often **ends up in landfill**, adding 15 million tonnes of the greenhouse gas carbon dioxide to the atmosphere each year.

60% of clothing contains polyester, which takes decades to break down and then **pollutes oceans** with microfibres.

Dyeing textiles causes 20% of **water pollution** worldwide.

Greenpeace, 2016, Kant, 2012, Oporto, 2019



Image by Kiana Bosman on Unsplash

Top Tip:

Is your child constantly wearing holes in the knees of their trousers? Try looking for some fun patches to iron or sew over them. You can find a variety of patches online, sometimes featuring beloved characters. Kids love them and you get valuable extra wear from clothes!

The wacky world of upcycling

Toys and games can be bought second-hand too, or just plain made up, using what you have around you in the house. Try letting your little one rearrange your sock drawer (pre-schoolers love sorting games), play dress-up in your old clothes, or make their own toys from used packaging. If you're not feeling inspired, try the websites below. On top of the **social and emotional benefits of imaginative play**, this is a great opportunity to talk with your child about the life story of whatever you're using to craft with. From tree to cardboard box to toy robot, or oil to plastic bottle to rice shaker, it's a good way to begin **learning about natural resources**.

Top Tip:

Do you have any friends with children older than yours, or who can put you in touch with parents who do? Organising hand-me-downs saves time as well as money, and you can pass the clothes onto someone else when your child has outgrown them.

Useful links

kidclo.com and onlineshop.oxfam.org.uk sell second-hand clothes in an easy-to-browse format.

Try looking in your online communities for local clothes swap events, and on online marketplaces like eBay, Gumtree and Facebook Marketplace for clothing 'bundles' in the sizes you need.

bigdreamslittlefootprints.org/teaching-sustainability for great activities involving upcycled objects and crafts – look at the sections on 'how we play' and 'how we dress'.

The Five Minute Mum blog has lots of ideas for quick games. Try fiveminutemum.com/2018/05/31/10-things-to-do-with-a-hello-fresh-box for 10 things to do with a cardboard box!

Outdoor adventurers

Being outdoors improves wellbeing

The national position in Scotland on children playing and learning outdoors is that it brings many benefits, including:

- physical activity and fitness
- boosting self-esteem
- encouraging creativity and fun
- helping children feel connected with their environment and local community

You may have noticed this if your little one goes to nursery, as recently funding has increased to move early years learning outdoors as much as possible.



Image by Peter Idowu on Unsplash

Encouraging curiosity



Image by Daiga Ellaby on Unsplash

As the parent of a pre-schooler, you're probably used to being asked a lot of questions. Curiosity is a great way for your little one to understand and challenge the world around them, and for you to see the world from their point of view. Talk to them about what you are seeing on your outings. Take the picture on the left: what happened to the tree? How old was it? What was it made into? What will happen to the cleared land now? It doesn't matter if you don't know the answer, **speculating together is a great way for your child to learn**, and you can **look up the answers together** when you get home.

Take action

What if you come across something on your outdoor adventures that you'd like to change, like a beach strewn with litter, an illegal campfire or just an area that's in need of a bit of TLC? There are lots of professional groups taking care of the natural environment, and they appreciate information and support from the local community. Find out which organisation manages your favourite outdoor areas, so that you know who to **get in touch with about any concerns you have**. The Woodland Trust, National Trust for Scotland, Scottish Natural Heritage and local council countryside rangers are just some of the groups taking care of Scotland's natural environment. Local groups usually have a social media presence too that you can follow to find out about events like **nature walks and litter picks**.

Top Tip:
There are some great apps for plant and wildlife identification for an instant answer to tricky questions. Just make sure you get one that works in Scotland!

Useful links

inspiringscotland.org.uk/wp-content/uploads/2021/03/National-Position-Statement-Dec-2020.pdf for more on Scotland's National Position on outdoor play and learning.

outdooraccess-scotland.scot for the Outdoor Access Code (guidance on being responsible outdoors).

keepsotlandbeautiful.org/community-and-place/clean-up-scotland for information on the annual Clean Up Scotland campaign, including an events map, advice on safe handling of litter and how to report litter in your local authority.

scra-online.co.uk/contact-us to find the name and office of your local countryside rangers.

Talking about the burning issues with your child

When are they old enough to talk about climate change?

As soon as your little one can understand what adults are saying, they begin to pick up on what's going on in the world around them. Climate change (**global warming** as a result of the human activities that produce **greenhouse gases**) and its effects on people and nature are everywhere: in our news feeds, wildlife documentaries, children's stories, and conversations your child will overhear. You might think that such a big issue is too complicated or worrying for a child, but as long as you approach the subject carefully, it can be useful to **confront scary topics head on**. Use the tips in the box below to help you, but remember that **you know your child best**, so you will know when they're getting too upset, or whether they have a particular interest that you could look into together.

Try this:

Brush up on the facts about climate change, so you can explain these to your child and answer some of their questions.

Make sure you talk about how you both feel about the issue. Books can be useful resources for working through emotions together and preventing eco-anxiety. To start you off, look in your local library for *Seagull* by Danny Snell and *The Lorax* by Dr Seuss.

Look for success stories about how individuals and governments are tackling environmental issues to empower your child (and you!) to focus on solutions rather than problems (see useful links).

Take action yourselves: the Your Child and Our Future resources contain a number of suggestions for making your family's lifestyle more sustainable, from shopping habits to speaking out.

Stay informed about what's being done in Scotland to tackle the environmental issues and inequalities we face today by joining a network like learningforsustainabilityscotland.org. Keep looking in your local and online communities for like-minded people and ways you can make a difference.

Climate change in numbers

Industrial activities like transport, burning fossil fuels and farming have **increased carbon dioxide levels** in the atmosphere from 280 to 414 parts per million in the last 150 years.

The **temperature of the earth's surface has risen** by about 1.18°C in the last 150 years.

Most of the warming is recent; 2016 and 2020 are jointly the **warmest years on record**.

Sea and surface ice is melting: Greenland lost 279 billion tons of ice **each year** from 1993 to 2019.

Sea level has risen almost 40cm in the last 20 years, and is rising more each year than the previous year.

NASA, 2021

Useful links

climate.nasa.gov/evidence for more facts about the causes and effects of climate change.

worldwildlife.org/stories/the-good-news-about-climate-change for positive stories.

Try looking in your online and local communities for organisations that take action for climate change issues, such as Friends of the Earth or Greenpeace. Some grassroots community movements confront climate change along with other social justice issues: for Edinburgh check out scorescotland.org.uk but there are many more, try looking in your local library or community groups.