

# Changes we can make to save energy

Early Childhood Ireland is working with SEAI to encourage Early Childhood Education and Care settings to participate in sustainable practices. The following tips encourage children to be responsible members of their community.

## Tips for settings

Children can be supported in learning and participating in sustainable practices through a focus on:

### Water & Energy Conservation

- The Sun gives us light and heat – there is no need to turn lights on when the sun is shining brightly.
- Energy heats water, try not to waste it. It helps to put a plug in the sink.
- Collect rainwater in large containers outdoors. This can be used when we need water for our play.
- We need food for energy so make sure to eat good meals throughout the day.



### Waste Minimisation – Rethink: reduce, reuse, recycle

- Recycle bottles, cans and paper. Old cans are crushed and made into new cans when we recycle.
- Collect all wasted food for composting in your setting. This compost can then be used for planting in the garden. Why not even plant and grow your own vegetables for eating.



- Use more natural materials for play. Try to cut down on plastics in every aspect of practice. Make sure you recycle when you do.
- Use the same lunch box and bottle everyday so we throw away less plastic from packaging.

## Tips for home

Children can be supported in learning and participating in sustainable actions at home by:

- Choosing to wear more clothes to stay warm instead of turning up the heating.
- Walking to School or getting the bus because leaving the car at home saves energy. But if you must come to school by car, ask if you can share lifts with other children nearby.
- Turn off the TV when you are not watching it. Make sure the red light is off.
- Use the clothes line to dry clothes when it's not raining – the sun and wind dry them, and we use up a lot of energy using a tumble drier.
- A lagging jacket keeps the boiler hot for longer – like when we wear our jackets.
- Make use of natural light to light up the indoors.
- Use energy efficient lighting. These use less electricity and less energy.



These tips will:

- Enable children to respect, care and appreciate the natural environment.
- Consider with children the impact of human activities on environments.
- Children have access to natural materials in their environment.

