

Tips for Taking Kids Fishing



Fishing trips are exciting for both parents and children. Shared experiences connect us.

Adults enjoy the opportunity to introduce the next generation to a hobby they enjoy, and the prospect of it leading to a lifetime of fishing enjoyment for the next generation.

While the youngsters are instilled with an appreciation of wild places, the rhythms of nature and the value of harvesting their own food.

Here are some simple tips to make fishing a fun and memorable experience.

- Emphasise that fishing is fun, catching is a bonus. Use the time to foster an appreciation for the outdoors.
- Leave YOUR fishing rod at home. Not carrying your rod induces the mindset that you are taking the kids, they aren't taking you.
- Target areas with a high likelihood of success. Bait fishing often has the highest strike rate.

- Morning trips are the best – the fish bite better and the kids have more energy.
- Go somewhere where the kids feel safe and are safe. Avoid high banks and swift water.
- Pick a sunny day with moderate temperatures but pack a warm layer for the kids in case the weather turns.
- Take plenty of breaks from fishing. You could bring a ball, a book or even swimming gear to mix up the activities. Bring plenty of snacks.
- Keep the trip short – a couple of hours max.
- Be patient, take pictures and have fun!

Fishing Code of Conduct



It's important that we all understand our responsibilities to the environment and each other when we're out on the water.

Please consider the rights of others and observe the anglers' code of conduct while fresh water fishing in New Zealand:

- If no Fish & Game access sign is present, always ask permission from the land occupier before crossing private property.
- Do not park vehicles so that they obstruct gateways or cause a hazard on the road or access way.
- Do not interfere with livestock, crops, machinery or other property.
- Always use gates, stiles or other recognised access points and avoid damage to fences.
- When driving on river beds keep to marked tracks or park on the bank and walk to your fishing spot.
- Always fish in an ethical manner.
- Never push in on a pool occupied by another angler. If you are in any doubt ask those already there whether it is okay to join them.
- Always enter a pool behind the direction being fished by any angler already there.
- Move upstream or downstream with every few casts (unless you are alone).
- Avoid unnecessary wading or any avoidable disturbance to the water.
- Fish being returned to the water should be released as carefully and quickly as possible. Remove the hook and return the fish facing upstream until it swims away.
- Fish being retained should be killed as quickly as possible by a blow to the head with a rock (or similar tool), or by cutting the fish's throat with a knife.
- Always respect the environment, wildlife, other anglers and members of the public.
- Remove waste nylon and personal litter from the river banks and parking places.
- Leave everything as you found it. If a gate is open or closed leave it that way.
- The only way we can protect our rivers in the long term is to **CHECK, CLEAN** and **DRY** all your gear before entering another river or lake anywhere in New Zealand. Didymo and other aquatic pests are adversely affecting New Zealand fresh waterways.
- Remember to treat others as you would wish to be treated yourself!



Scan here for tips on looking after your trout.



Please scan the Didymo QR to understand the effects and what you need to do to help keep New Zealand waters '100% Pure'.

Enjoying your Fish



Boast, roast and toast! Looks like you caught yourself some fish - what do you do now?!

Fresh New Zealand fish in good condition are superb for the table. In this section we share top tips for preparing your catch and some awesome fish recipes.

Prepping your fish

Trout in good condition are superb for the table.

Look for well conditioned fish that are wider in the middle than across the gills. A good fish, landed quickly, will have tasty orange/pink flesh and good preparation will ensure the eating qualities are maintained. The same rules apply for other types of fish.

Iki spike the fish, or use a 'priest' to hit it on the head, and cut a gill to bleed it.

After bleeding, put the fish on ice, or in a cold chilly bin.

Gut and clean as soon as practical, wiping slime clear with a paper towel.

If you are planning to spend more time at the water's edge, prop the gut cavity open with a stick and hang the fish in a cool, airy place.

Gutting your fish

The content in this section is an extract from the excellent book 'Dressing Fish, Game and Seafood: A Plucking - Gutting - Shucking and Filleting Guide to New Zealand's Wild Foods by Brad Parkes.

'Dressing Fish, Game & Seafood' is available to buy online and in all good bookshops.



1. Insert Knife

Insert knife point into vent and sweep knife up to top of the "V" of the chin to where the blade meets hard cartilage.



2. Separate Cartilage

Separate cartilage from front of lower jaw by cutting through from one side, under the cartilage and out the other side, and then sweeping the blade forward.



3. Insert Thumb

Insert thumb of left hand into gap to hook around end of lower jaw, firmly grabbing freed cartilage with right hand...

... and firmly pulling right hand towards tail.



4. Gills & Guts

The gills and guts should completely pull right out of the fish.

Some knife work may be required to separate out the gills.



5. Back Bone

Run knife point down blood channel hard against back bone.

After this, from tail end, firmly push your thumb down and along back bone to remove congealed blood etc.

Next Steps

If at this point you are still out on the river or lake, rinse the fish out.

Boogie recommends threading a length of cord through the now fully exposed lower jaw and hanging the fish off your belt to allow the fish to cool, rather than wrapping it in plastic or the like and putting it in your pack as the fish may spoil.

Back at home or camp, place the fish in the fridge or a cold spot overnight to allow the flesh to set.

Cooking your fish

Fresh fish is delicious and satisfying to eat, whichever way you choose to cook it, particularly when you have caught it yourself!



Scan here to view traditional and newer preparation methods and recipes.