



Resources for Parents to Avoid Nature-Deficit Disorder and Raise Children Who Love the Earth

There's something about riding a bike or running through a sprinkler on a hot summer day that seems synonymous with childhood. Most of us can picture this image of kids running free outdoors, but the reality is that many kids today simply don't spend much time outside. This has led to nature-deficit disorder, which describes a very real phenomenon of kids missing out on the amazing benefits that can come only from being outdoors. That's why we've put together these resources, so you can better understand what you're up against and how spending more time outside can improve your family's life and your child's appreciation for the planet.

Benefits of Nature and How to Encourage Your Kids to Love It

[Can the Outdoors Really Make Us Feel Better?](#)

[The Crucial Link Between Nature and Your Family's Mental Health](#)

[Nature and Children - A Natural Fit](#)

[5 Environmental Activities for Kids](#)

[16 Nature Walk Activities for Kids](#)

[25 Books That Teach Kids to Care About the Environment](#)

Creative Ways Families Can Stay Active Outside

[A Parent's Guide to Nature Play](#)

[Cost to Install Your Own Backyard Swing Set or Playground](#)

[Give Family Mountain Biking a Try With These Tips for Fun and Safety](#)

[Teach Your Children About Butterfly Gardening](#)

[7 Science Experiments You Can Do in Your Backyard](#)

[8 Fun \(And Cheap!\) Family Fitness Activities](#)

[20 Super Simple Nature Activities for Toddlers](#)

[9 Ways to Develop a Sense of Place Through Outdoor Play](#)

For so many reasons, we owe it to our kids to encourage them to spend more time outside. Kids learn a lot from being outdoors; they stay more focused in school, and they have improved mental health. And above all, being outside in nature is the best way to show kids how important it is to care for the Earth they love.

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