

The Great Outdoors: Battling Nature-Deficit Disorder

Too many of us spend most of our days indoors. This is as true for kids as it is for adults, and it’s having serious side effects on our children’s health; insufficient access to sunlight, nature, and fresh air, for example, can cause major health issues. From an increased risk for obesity to mood disorders like anxiety and depression, the effects of nature-deficit disorder cannot be ignored. Here are a few ways to fight this in your family.

**At-Home Tips**

[How to Plan and Plant a Garden for Kids](http://www.mykidsadventures.com/kids-gardening/)

[9 Great Outdoor Learning Activities for Springtime](http://earthsciencejr.com/9-great-outdoor-learning-activities-for-springtime/)

[Can Outdoor Chores Curb Aggressive Behavior in Kids?](https://blogs.brighthorizons.com/familyroom/can-outdoor-chores-curb-aggressive-behavior-in-kids/)

[Turn Your Backyard Into a Personal Playground](https://www.homeadvisor.com/r/backyard-playscape/)

[Easy Outdoor Art Ideas That Kids Will Love](https://www.messylittlemonster.com/2018/03/easy-outdoor-art-ideas-kids.html)

**Out and About**

[15 Tips for Hiking with Kids](https://www.crazyfamilyadventure.com/15-tips-hiking-with-kids/)

[17 Fun Things to Do at the Park](https://www.kcedventures.com/blog/a-day-at-the-park-kids-nature-activities)

[Birding with Children! Tips on Getting Started](http://www.birdwatching.com/tips/kids_birding.html)

[7 Tips for Biking Longer Distances with Kids](https://letslassothemoon.com/2014/05/22/kids-long-distance-biking/)

**On Vacation**

[Taking the Kids Camping? 11 Genius Tips for Camping with Kids](https://www.thepragmaticparent.com/great-tips-camping-kids/)

[The Best Resorts in the U.S. for Getting Back to Nature](https://www.travelandleisure.com/hotels-resorts/us-nature-resorts-spas)

[Top 10 Reasons Why Summer Camp is Great for Children](https://www.rockbrookcamp.com/parents/children-camp-great/)

[Beach Safety for Kids](https://traveltips.usatoday.com/beach-safety-kids-11534.html)

Ultimately, you must lead by example if you want your children to spend more time outside. Getting out as a family and exploring your national, state, and local parks – as well as your own backyard – will make a massive difference in their lives.

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