



HOW TO HELP YOUR FAMILY AVOID NATURE-DEFICIT DISORDER

While technology has brought us a wide range of benefits, it has also dramatically altered how we live. As a result, we spend less time in the great outdoors than ever. How does that alter our mental and physical well-being, especially those growing up this way? Let's look at nature-deficit disorder and how you can address the concern with your family.

What is the Science Behind Nature-Deficit Disorder?

- Defining the Disorder
- Nature Helps Kids Become Healthy Adults
- The Decline in Outdoor Play Is Real
- How Much Time Outdoors Do They Need?

Types of Play with an Impact

- Get Down and Dirty
- Incorporate Some Science
- The Wonderful Woods
- Creatures Great and Small

Get Out on the Water

- Find a Lake
- Kayak Together
- Do Some Fishing

Spaces and Places

- Make an Outdoor Paradise at Home
- Hit the Trails
- Head to a Playground
- Storm Spotting for Children
- Contact The Park People to Volunteer at a Park Near You in Milwaukee County

Family-Friendly Outdoor Fun

- Go Mountain Biking
- Grow a Garden Together
- Try Birdwatching

Getting into the great outdoors is not just fun for your kids; it's a must for their overall well-being and development. Find or create great spaces for your family to enjoy, and pick up some hobbies that stretch your minds and bodies while you're at it. It's an opportunity to make memories while you promote your family's health and happiness.