

Outdoor Play: A Prescription for Better Health

Kids are spending less time outside than ever before. Screens commonly take the blame, and there’s no doubt they’re partly at fault: The average child is in front of screens for nearly one-third of the day. However, screens aren’t the only thing keeping kids indoors. Between their busy schedules, homework, technology, and worried parents, the average child spends less than 10 minutes a day playing outside.

## Why Too Little Nature is a Bad Thing

* [What is nature-deficit disorder?](https://www.sonima.com/meditation/mindful-living/nature-deficit-disorder/)
* [The unexpected effects of all that screen time.](https://www.rallyhealth.com/health/unexpected-effects-screen-time)

## Nature and Your Child’s Health

* [How does nature impact our well-being?](https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing)
* [Top 5 benefits of children playing outside.](https://news.sanfordhealth.org/childrens/play-outside/)
* [10 reasons why kids need to spend time outdoors.](https://www.reserveamerica.com/articles/camping/10-reasons-why-kids-need-to-spend-time-outdoors)

## What’s Keeping Kids Indoors?

* [How to help your kids with their technology addiction.](https://habyts.com/how-to-help-kids-with-technology-addictions/)
* [Children should play outside alone — here’s how.](https://www.outsideonline.com/2393112/children-playing-outside-alone-tips)
* [We need to stop worrying and just let our kids play.](https://www.todaysparent.com/family/parenting/we-need-to-stop-worrying-and-just-let-our-kids-play/)

## Giving Kids a Reason to Get Outdoors

* [How kids can make neighborhood friends.](http://www.charlotteparent.com/How-Kids-Can-Make-Neighborhood-Friends/)
* [14 easy ways to make your backyard more fun.](https://www.parents.com/fun/activities/outdoor/make-your-backyard-more-fun/)
* [Home science: backyard astronomy basics.](https://www.homeadvisor.com/r/home-science-backyard-astronomy/)
* [5 reasons why a bike is the best gift you can give a kid.](https://www.insyncbikes.com/blog/5-reasons-why-a-bike-is-the-best-gift-you-can-give-a-kid-this-season-2/)

## How to Get Outside as a Family

* [Family walking: a tradition that grows as your kids do.](https://theactivefamily.org/family-walking-tradition-grows/)
* [10 tips for planning a camping trip with kids.](https://koa.com/blog/planning-a-camping-trip-with-kids/)
* [4 tips when mountain biking with your child.](https://metalbladecycles.com/4-tips-when-mountain-biking-with-your-child/)
* [Outdoor safety tips for hiking with kids.](https://www.parentmap.com/article/keeping-kids-safe-outdoors-top-tips)

Staying indoors may seem safer, but the truth is that kids have a lot to gain from outdoor play. Time in nature inspires confidence and creativity in children while improving their physical and mental well-being. For healthier, happier kids, the prescription is clear: Get outside!

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