

Does Your Child Have Nature Deficit Disorder?

Nature-deficit disorder isn’t a diagnosis you’ll hear at the pediatrician’s office. Nonetheless, it’s a big concern for parents today. [One study revealed](https://www.yourmodernfamily.com/outdoor-time/) that most American children only spend 4 to 7 minutes outside for unstructured play, compared to more than 7 hours a day of screen time. As a result, they’re missing out on many important benefits of nature that will benefit them physically and mentally. Ready to help your child embrace the outdoors? Then check out this resource guide.

## What Is Nature Deficit Disorder?

[All you need to know about nature deficit disorder.](https://www.bbc.com/news/science-environment-38094186)

[What is nature deficit disorder and how to know if you have it.](https://thedoctorweighsin.com/nature-deficit-disorder/)

## What Are the Benefits of the Outdoors?

[Why kids need to spend time in nature.](https://childmind.org/article/why-kids-need-to-spend-time-in-nature/)

[Childhood obesity and outdoor play.](https://playworld.com/blog/childhood-obesity-outdoor-play/)

[Sour mood getting you down? Get back to nature.](https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature)

## How to Get Kids to Spend More Time Outdoors

[10 tips for raising outdoors-loving kids.](https://thebigoutside.com/10-tips-for-raising-outdoors-loving-kids/)

[How to turn off screen time without a struggle.](https://www.mother.ly/child/how-to-turn-off-screen-time)

[These 10 outdoorsy organizations make it easy to raise a nature lover.](https://www.parents.com/fun/activities/outdoor/outdoorsy-organizations-to-raise-a-nature-lover/)
[Childhood unplugged: The benefits of outdoor travel for children.](https://www.outdoorsy.com/blog/childhood-unplugged-benefits-outdoor-travel-children)

## Fun Ways to Encourage Outdoor Play

[14 ideas for a kid-friendly backyard play area.](https://www.budgetdumpster.com/blog/kid-friendly-backyard-play-area/)
[25 easy backyard games to rock your summer.](https://redtri.com/easy-outdoor-backyard-games/)
[6 mind-blowing backyard science experiments for kids.](https://earthsciencejr.com/7-mind-blowing-backyard-science-experiments-for-kids/)

## Outdoor Activities for Children and Families

[Explore the different trails in Westmoreland County.](https://www.promotept.org/post/trails-to-explore-around-westmoreland-county)

[4 tips while mountain biking with your child.](https://metalbladecycles.com/4-tips-when-mountain-biking-with-your-child/)

[Find the best camping near me.](https://www.hipcamp.com/camping-near-me)

[Storm spotting for children: At-home meteorology.](https://www.redfin.com/blog/storm-spotting-for-children/)

Convincing screen-addicted kids to spend more time outdoors can be a struggle. But for parents, it’s a battle worth fighting. Time in nature is linked to better health and happier kids, making getting outdoors one of the best things you can do for your children’s well-being.

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