NATURE CAN IMPROVE HEALTH AND WELLBEING

Spending time in nature provides children with a wide range of health benefits.

HEALTHY BABIES
Nature exposure for mothers can promote:

- Better Fetal Growth
- Healthier Birth Weights

NATURE CONTACT IS especially beneficial for mothers of lower education and socio-economic levels.

HEALTHY EYES AND VITAMIN D LEVELS
Time spent in bright sunlight can:

- Reduce Near-Sightedness
- Increase Vitamin D Levels

INCREased PHYSICAL ACTIVITY
Access to parks and greenspace can foster:

- Increased Physical Activity
- Reduced Risk of Obesity

Outdoor play increases the likelihood that girls will remain active into adolescence.

SOCIAL-EMOTIONAL WELLBEING
Learning in nature can support:

- Improved Relationship Skills
- Reduced Stress and Aggression

Children are better able to cope with stress when they live near trees and other greeneries.

SUPPORTING RESEARCH

[References provided in the document]

C&NN recognizes that not all studies support causal statements.

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