

GROW Outside!

What the Research Shows

THE CHILDREN & NATURE NETWORK REPORT ON HEALTH BENEFITS TO CHILDREN FROM CONTACT WITH THE OUTDOORS & NATURE

A synthesis of selected research and studies on health benefits. These studies, along with others, were originally published as part of C&NN's four volumes of annotated bibliographies of research and studies.

CHILDREN & NATURE NETWORK'S RESEARCH AND STUDIES SECTION

The Children & Nature Network has compiled the premier set of research studies to help us all understand what's best for children's healthy development. More than 120 studies are abstracted, most of them with links to the original research.

Great Allies for Pediatricians

NATURE CLUBS FOR FAMILIES TOOLKIT

Pediatricians can do more than prescribe nature. They can show parents how to get outside - with this free toolkit that shows parents how they can band together with other families for green exercise.

C&NN COMMUNITY ACTION GUIDE: BUILDING THE CHILDREN & NATURE MOVEMENT FROM THE GROUND UP

Pediatricians and other health care professionals can look to their communities for allies, and they can also help build the movement. C&NN's action guide shows you how.

TRAINING FOR HEALTH PROFESSIONALS ON HOW TO GET KIDS OUTSIDE

Using a "train-the-trainer" approach, the National Environmental Education Foundation (NEEF) holds workshops to prepare pediatric health care providers to serve as "nature champions." Recommend these to your community health professionals.

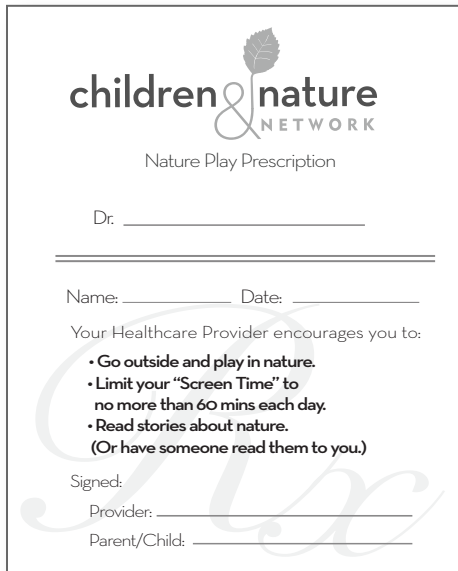
Two Examples of Physicians' Nature Prescription Pads

Rx FOR OUTDOOR ACTIVITY: PRINT AND USE THIS PRESCRIPTION FORM FOR PEDIATRICIANS

The National Environmental Education Foundation produced a handy "prescription" form that can be reproduced and used to recommend outdoor play to patients and parents.

SAMPLE PRESCRIPTION FOR PHYSICIANS

In collaboration with local pediatricians and educators, and working in partnership with the Children & Nature Network, the Outdoor Discovery Center in Holland, MI has begun a local initiative to improve the health of 3-6 year old children through nature activity. The center created posters and informational handouts to promote benefits of nature play and outdoor activity. Available in English and Spanish, these are being displayed in medical offices, health department facilities, schools and other public areas. Local pediatricians are now prescribing outdoor activity for their patients and encouraging families to get outside as part of their wellness program.



children & nature
NETWORK

Nature Play Prescription

Dr. _____

Name: _____ Date: _____

Your Healthcare Provider encourages you to:

- Go outside and play in nature.
- Limit your "Screen Time" to no more than 60 mins each day.
- Read stories about nature.

(Or have someone read them to you.)

Signed:

Provider: _____

Parent/Child: _____

GROW Outside!

Other links of note

PARK PRESCRIPTIONS: PROFILES AND RESOURCES FOR GOOD HEALTH FROM THE GREAT OUTDOORS

WHOLE CHILD: DEVELOPING MIND, BODY AND SPIRIT THROUGH OUTDOOR PLAY, FROM NATIONAL WILDLIFE FEDERATION

THE AMERICAN ACADEMY OF PEDIATRICS (AAP) SAYS FREE AND UNSTRUCTURED PLAY IS HEALTHY AND ESSENTIAL

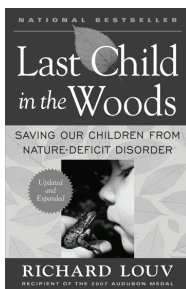
AMERICAN PUBLIC HEALTH ASSOCIATION FEATURES A FRONT PAGE ARTICLE ON THE MOVEMENT

from Dr. Kenneth R. Ginsburg, MD, MS Ed, the Committee on Communications and Committee on Psychosocial Aspects of Child and Family Health

THE POWERFUL LINK BETWEEN CONSERVING LAND AND PRESERVING HUMAN HEALTH

By Howard Frumkin, Dean of the School of Public Health, University of Washington, and Richard Louv

RICHARD LOUV'S BLOG ON WHAT PEDIATRICIANS CAN DO



THE BOOK: LAST CHILD IN THE WOODS: SAVING OUR CHILDREN FROM NATURE-DEFICIT DISORDER

[+] Find links to these resources and more on the Children & Nature Network Web site.

www.childrenandnature.org/pediatricians

Regional Allies for Pediatricians

Get Outdoors Anchorage, Anchorage, AK
Juneau Children Outdoors Community Coalition, Juneau, AK
Nature Rocks Homer, Homer, AK
Be Outdoors Az, Phoenix, AZ
Regional Campaign, Little Rock, AR
California Children's Outdoor Bill of Rights, Sacramento, CA
Children in Nature Collaborative, Northern CA
Leave No Child Inside Santa Barbara, Santa Barbara, CA
Regional Campaign, Los Angeles, CA
San Diego Children and Nature Collaborative, San Diego, CA
Santa Barbara Wild: A Leave No Child Inside Coalition, Santa Barbara, CA
Venturawild, Oak View, CA
No Child Left Inside, Hartford, CO
Get Outdoors Florida!, Tallahassee, FL
Regional Campaign, Sarasota, FL
Get Outdoors Georgia, Atlanta, GA
Leave No Child Inside: Explore Chicago Wilderness, Chicago, IL
LNCI for the Greater Barrington, Deer Park and Lake Zurich Area, Deer Park, IL
Regional Campaign, Indianapolis, IN
Iowa Coalition for Re-Connecting Children and Nature, Des Moines, IA
g2g Outside, Wichita KS
Regional Campaign, Murray, KY
Take it Outside, Revere, MN
Baltimore Leave No Child Inside, Baltimore, MD
Maryland Partnership for Children in Nature, Statewide MD
Regional Campaign, Boston, MA
Connecting Children & Nature, Holland, MI
Getting Kids Outdoors: Emmet County, Harbor Springs, MI
Michigan No Child Left Inside Coalition, Ann Arbor, MI
Minnesota Children & Nature Connection, Minneapolis, MN
Minnesota Children and Nature Connection, Fridley, MN
Mississippi No Child Left Inside Coalition, Clinton, MS
Gateway Children's Nature Connection (GCNC), St. Louis, MO
Missouri's Children in Nature Challenge, Jefferson City, MO
Missoula Children and Nature Initiative, Missoula, MT
Healthy Families Play Outside, Lincoln, NE
MORE Nature (Metro Omaha Resources for Exploring Nature), Omaha, NE
Children in Nature Initiative, Concord, NH
No Child Left Inside Coalition, Albuquerque, NM
Children in Nature, New York, Adirondack, NY
Leave No Child Inside, Albany, NY
Long Island Nature Collaborative for Kids (LINCK), Plainview, NY
Discover the World Outside, Durham, NC
Imagination Generation: Reconnecting Children and Nature, Asheville, NC
NCCAN! North Carolina Children and Nature Coalition, Asheboro, NC
Take A Child Outside, Raleigh, NC
WNC Kids in Nature Lovers, Burnsville, NC
Explore the Outdoors, Columbus, OH
Leave No Child Inside - Central Ohio Collaborative, Columbus, OH
Leave No Child Inside - Greater Cincinnati Collaborative, Cincinnati, OH
Leave No Child Inside - Miami Valley Collaborative, Dayton, OH
Leave No Child Inside - North East Collaborative, Alliance, OH
Leave No Child Inside - North West Collaborative, OH
Kirkpatrick Foundation Conservation Education Initiative, Oklahoma City, OK
No Oregon Child Left Inside, OR
Get Outdoors PA, Harrisburg, PA
Having Adventures With Kids (HAWK), Mercersburg, PA
No Child Left Inside- Bucks County Coalition, Plumsteadville, PA
No Child Left Inside, SC
No Child Left Inside, Pierre, SD
Tennessee No Child Left Inside Coalition, Nashville, TN
Children in Nature Collaborative - Austin, Austin, TX
Houston Children and Nature Coalition, Houston TX
Statewide Campaign, Houston, TX
Regional Campaign, Salt Lake City, UT
No Child Left Inside, Bennington, VT
Arlington Children And Nature Initiative, Arlington, VA
Martinsville Henry County Community Nature Initiative, Martinsville, VA
Regional Campaign, WA
Seattle Children in Nature Collaborative (SCINC), Seattle, WA
Leave No Child Inside, Regional WI
Wisconsin No Child Left Inside Coalition, Statewide WI
No Child Left Inside, Jackson, WY