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Don't Let Nature-Deficit Disorder Take Away From Your Kid's Childhood

"Nature-deficit disorder" has been a phrase since 2005, when Richard Louv published his book "Last Child in the Woods: Saving Our Children from nature-deficit disorder." In essence, the term laments the limited exposure to the outdoors that kids now have as compared to previous generations.

There is much truth to the idea of nature-deficit disorder (NDD), but that doesn't mean that you have to accept it as fate for your children. If you're concerned that your kids are not getting enough time in nature, perhaps the resources listed here can help you start turning things around:

The Consequences of Nature-Deficit Disorder

Read about the dangers and effects of not getting enough outside time.

[What Is Nature Deficit Disorder?](#)

[Are You Suffering from Nature-Deficit Disorder](#)
[What Happens if I Spend All My Time in Artificial Light?](#)
[8 Signs You're Not Getting Enough Sunlight](#)

The Benefits of Spending Time Outdoors

Spending more time outdoors can keep your children physically active and increase happiness.

[Spending Just 20 Minutes in a Park Makes You Happier ...](#)
[5 Ways the Sun Impacts Your Mental and Physical Health](#)
[How Much Sun is Too Much Sun?](#)

Awesome Outdoor Activities

Make outdoor time an adventure for your kids!

[Get Outside! 15 Ways to Explore Nature With Your Kids](#)
[4 Tips When Mountain Biking With Your Child](#)
[Introducing Children to the Geocaching Adventure Game](#)

Things to Do in the Backyard

With backyard fun, you don't have to venture far from home to get outside.

[Safely Observing Wildlife from Home](#)
[How to Make a Backyard Badminton Court](#)
[How to Build a Sandbox](#)

Learning what you can about NDD is important. But the most essential step you can take to ensure that your kids get the benefits of being outside is to come up with activities that the whole family can enjoy. Once your kids see how much fun outdoor activities can be, they'll be less likely to stick themselves in front of the TV for hours on end!