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

HEALTHY EYES AND VITAMIN D LEVELS
Time spent in bright sunlight can:
- Reduce Near-Sightedness
- Increase Vitamin D Levels

NATURE CONTACT IS especially beneficial for mothers of lower education and socio-economic 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
- Reduced Anger and Aggression

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

SUPPORTING RESEARCH
- Markensальных (2014). Surrounding greenness and birth weight. Results from the GGP/NHLS and the HILS birth cohorts in Munich, Health Place, 36, 36-46.
- Dashwood et al. (2014). Inequality, green spaces, and pregnant women: Roles of ethnicity and individual and neighbourhood socioeconomic status. Environ Inter, 75, 109-118.
- Walsh et al. (2017). Childhood obesity and proximity to urban parks and recreational resources: A longitudinal cohort study. Health Place, 50, 200-205.

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