



Image courtesy of [Unsplash](#)

How Families Can Get Ahead of Nature-Deficit Disorder

You may or may not have heard of nature-deficit disorder, but you're probably well aware of the cultural trend toward spending less time outside than previous generations. Unfortunately, this is having a negative impact on health and well-being, especially in children. Read on for resources and information for getting ahead of this detrimental situation.

What Exactly Is Nature-Deficit Disorder?

While not a medical disorder, nature deficiency has become widespread. Here, you'll find info on what it is, and how it affects children and adults.

[You Probably Haven't Heard of Nature-Deficit Disorder — But You Could Still Have It.](#)

[Signs of Nature-Deficit Disorder in Kids](#)

[Signs of Nature-Deficit Disorder in City Teens](#)

[Adults Are Also Affected by Nature-Deficit Disorder](#)

What Is It About Nature That Is Good for Us?

You know the kids need time outside. But why? The answers lie in the links below.

[Spending 2 Hours in Nature A Week Promotes Health and Well-Being](#)

[Why Kids Need to Spend Time in Nature](#)

[13 Ways the Sun Affects Your Body: The Good & The Bad](#)

[Why Being Near Water Could Be the Key to Happiness](#)

Easy Ideas to Incorporate Nature Into Your Everyday Life

Looking for ways to get out of the house? Here they are!

[Increase Kid Activity Levels with a Backyard Playscape](#)

[The Best Trail Finder Apps and Websites](#)

[4 Tips When Mountain Biking With Your Child](#)

[7 Mind-Blowing Backyard Science Experiments for Kids](#)

[Bring Your Pup Along for the Fun at Tails & Trails Off-Leash Dog Park](#)

[Storm Spotting for Children: At-Home Meteorology](#)

If you've never heard of nature-deficit disorder, it's time to take note. Too little time in the great outdoors means missing out on many benefits, and it can ultimately be detrimental to you and yours. Look for easy ways to make nature part of your family's daily life and you'll all enjoy better health and well-being as a result.