



Say "No" to Nature-Deficit Disorder: Tips for Spending Family Time Outdoors

Before smartphone usage was widespread and you could stream any TV show you wanted during your downtime, it was easier for parents to encourage their children to play outdoors. But today, there are so many indoor distractions that children can develop nature-deficit disorder. How can you help your children avoid this modern phenomenon? These guides are packed with suggestions for fantastic outdoor family fun!

The [Adaptive Outdoor Education Center](#) enhances the quality of life for all people with disabilities through adaptive recreation and education programs. Get involved and complete a [volunteer application](#)!

Nature and Your Child's Health

Learn about the risks of too much indoor time and how being outdoors can benefit your children.

[Benefits of Going Out and Engaging With Nature for Kids](#)
[Health Risks of a Sedentary Lifestyle in Children](#)
[What Is Too Much Screen Time Doing to Our Kids' Mental Health?](#)
[How Outdoor Learning Benefits People With Disabilities](#)

Outdoor Bonding for the Family

Spending time outdoors can bring your family closer together.

[Growing Enough Food to Feed a Family](#)
[Fun Outdoor Learning Activities](#)
[4 Reasons Every Kid Should Fly a Kite](#)
[Fun Outdoor Arts and Crafts Ideas for Kids](#)
[How to Safely Observe Wildlife from Your Home](#)

Exploring the Outdoors Away From Home

Take your outdoor adventures on the road!

[5 Tips to Have the Best Family Picnic Ever](#)
[6 Tips for Teaching Your Kids How to Fish](#)
[Making the Outdoors Attainable Beyond ADA-Accessible Campgrounds](#)

Kids are naturally curious and carefree, but our modern lifestyle means that many children no longer enjoy spending time outdoors like children of past generations. But when parents take steps to prioritize family time outside, their children will quickly discover a love of nature that they never knew before.

Photo Source: [Unsplash](#)