

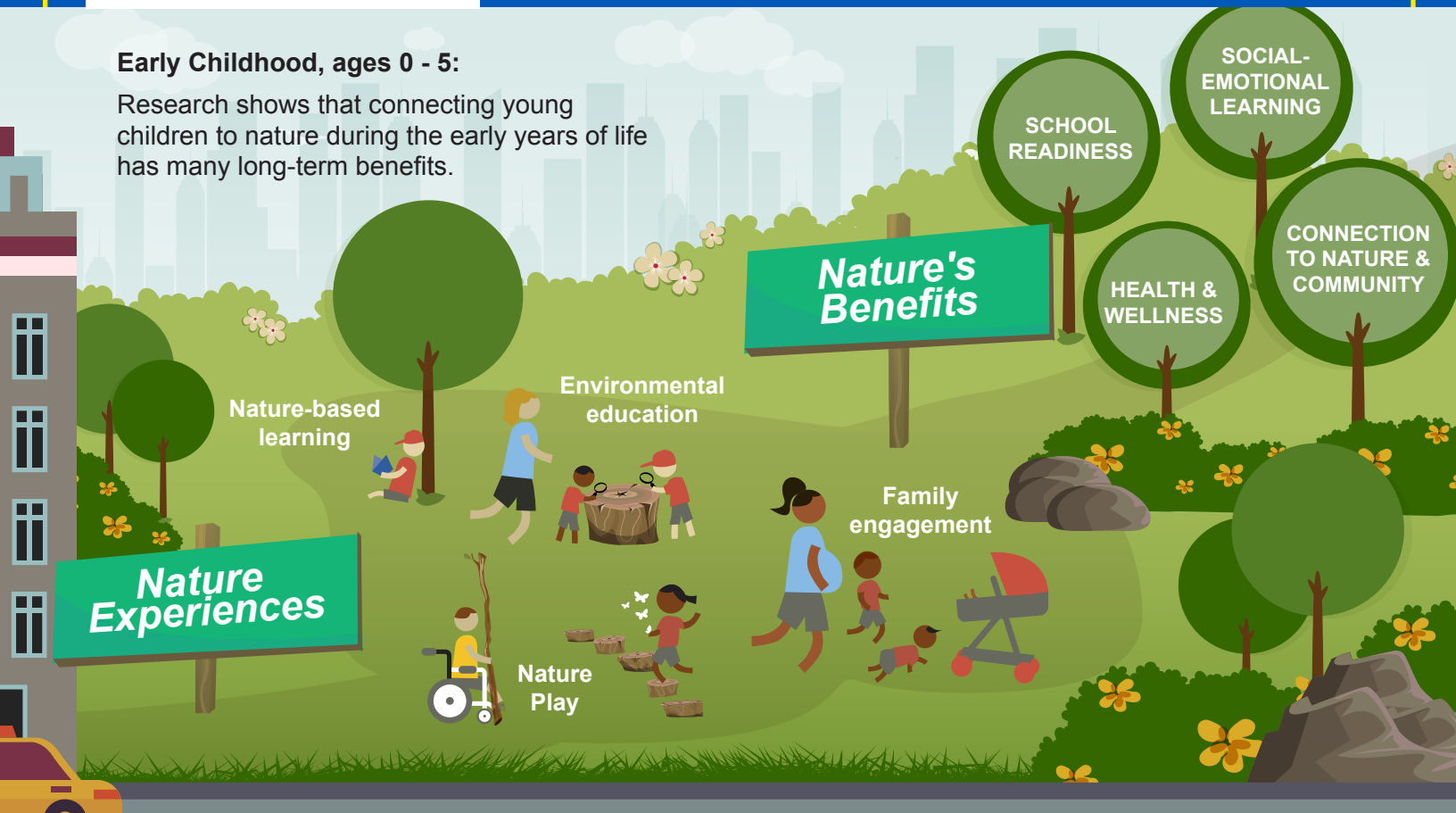
# Cities Connecting Children to Nature

EARLY CHILDHOOD NATURE CONNECTION

## Young children benefit from regular time outdoors

### Early Childhood, ages 0 - 5:

Research shows that connecting young children to nature during the early years of life has many long-term benefits.



Research shows that young children can experience the benefits of nature in a variety of ways.

- **Nature play** offers unstructured, hands-on interaction and exploration with natural elements such as boulders, logs, streams and paths.
- **Nature-based learning** incorporates nature as an approach to teach content across the curriculum.
- **Environmental education** help kids learn about and enjoy nature and instills care for the natural world.
- **Family engagement** offers ways for families to spend time together in nature.

Regular time in nature during the early years of life enhances:

- **School readiness**, including learning, language and cognitive development, and enhanced play that helps prepare children for school.
- **Social-emotional learning**, including self regulation and knowledge of oneself and others.
- **Health and wellness**, including physical and mental health.
- **Connection to nature and community**, including emotional connection to nature, pro-environmental attitudes and stewardship.

Learn more about the benefits of nature at [research.childrenandnature.org](https://research.childrenandnature.org).

A joint initiative of:

**NLC** NATIONAL LEAGUE OF CITIES  
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Children & Nature Network

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