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**

especially beneficial for mothers of lower education and socio-economic levels.

HEALTHY EYES AND VITAMIN D LEVELS
Time spent in bright sunlight can:

- Increase **Vitamin D Levels**
- Reduce **Near-sightedness**

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, Anger, and Aggression**

ADDITIONAL RESEARCH ON THE BENEFITS OF NATURE AVAILABLE AT research.childrenandnature.org

**SUPPORTING RESEARCH**