Spending time in nature provides children with a wide range of health benefits.

**NATURAL CAN IMPROVE HEALTH AND WELLBEING**

**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**

**SOCIAL-EMOTIONAL WELLBEING**
Learning in nature can support:
- **Improved Relationship Skills**
- **Reduced Stress, Anger, and Aggression**

**OUTDOOR PLAY**
Increases the likelihood that girls will remain active into adolescence.

**NATURE CONTACT IS**
especially beneficial for mothers of lower education and socio-economic levels

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

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**SUPPORTING RESEARCH**


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C&NN recognizes that not all studies support causal statements.