Benefits of Nature-Based Interventions for Children Encountering Adverse Childhood Experiences

A survey of child and family service providers named five key outcomes as focus areas for intervention: healing, permanency, family connection, safety and self regulation. Time in nature supports and enhances these outcomes, especially for children coping with or recovering from adverse childhood experiences.



Connection to nature supports mental health, wellbeing, resilience, restoration, enhanced mood and can reduce stress, contributing to **healing** for families and youth coping with adversity and trauma.

Experiences in nature help children become more mindful, manage behaviors and reactions, cope with new environments, control impulses and focus attention, contributing to better self-regulation.

Nature enhances family connections, communication and parental mental health, contributing to **safety** in the home. Quality outdoor spaces enhance community togetherness and reduce crime, contributing to **safety** in the community.

Family activities in nature improve communication and develop lasting **family connections** and relationships that can help keep children safe in their homes.

Time in nature nurtures a sense of self identity, belonging with others and connection to place, contributing to a sense of stability and permanency.

LEARN MORE ABOUT NATURE'S ROLE IN PROMOTING RESILIENCE, REGULATION AND RECOVERY FOR CHILDREN.



