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**

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

- **Reduce nearsightedness**
- **Increase vitamin D levels**

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

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 and anger**

Children are better able to cope with stress when they live near trees and other greenery.

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

SUPPORTING RESEARCH
- Markerych et al. (2014). Surrounding greenness and birth weight: Results from the Giniplus and LISAplus birth cohorts in Munich. Health Place, 26, 39-46.
- Rice & Aspey (2001). The restorative outcomes of forest school and conventional school in young people with good and poor behavior. Urban For Urban Green, 10, 200-212.

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

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