

# Parent Guide

## It's Good to Spend Time in Nature!

There are many benefits of your kid having fun in fresh air and getting to know nature. Research has shown that kids who spend time outdoors:

- 🌲 Demonstrate more creative/imaginative play
- 🌲 Are generally healthier
- 🌲 Have lower stress levels
- 🌲 Have a greater respect for themselves and others
- 🌲 A greater appreciation for the environment

## The Natural Process of Discovery

Do you want to connect your kids with nature? Consider this; if you let your kids discover nature on their own, it'll probably impact them for the rest of their lives.

Use this site as a guide to discover nature.

Visit **Where to Go** to find forests, parks and other outdoor areas that your family can enjoy; let your kids plan **What to Do** so you can all have a great adventure in nature.

After you go, take a moment to consider what **More to Explore** next time.

## More Ideas and Advice

Some helpful advice for making the most of your time with nature:

If exploring the great outdoors is new to you or your child, there's no need to be scared. Take it slow; start out in a nearby forest or park, or even your own yard.

Check out a basic field guide from your library. Field guides offer information about a specific area, including the types of plants and animals there.

Provide the time and space for free play. One of nature's many gifts is the opportunity for unstructured play, highly valuable to a child's cognitive development.

Help kids experience nature on their terms. It's okay to provide a little guidance – turning over a rock or pointing out different birds – just be sure to leave enough space for their imagination to act as a guide.