



Worried About Nature-Deficit Disorder? Here's How Your Family Can Reconnect by Getting Outdoors More

It seems parents today have a lot more to worry about than previous generations. We live in such a fast-paced world that's filled with obligations — and that goes for us *and* our kids. Not to mention, we're always being cautioned about too much screen time, but how do you get kids to unplug when everyday life is so heavily reliant on technology? Sometimes the answer is to just disconnect for a while! Take a pause, take a deep breath, and head outdoors as a family.

Why Families Need Time Outdoors to Avoid Nature-Deficit Disorder

[Nature-Deficit Disorder in Kids](#)

[Children and Nature: Who Let the Kids Out?](#)

[6 Reasons Children Need to Play Outside](#)

How Outside Time Can Improve Your Child's Education, Mental Health, and More

[Spend Time in Nature to Reduce Stress and Anxiety](#)
[12 Benefits of Outdoor Play \(and Tips to Help Your Child Get Them\)](#)
[The Nature of Learning: Why Kids Need to Get Outside More](#)

Ideas to Explore More Without Leaving Your Yard

[31 Super Fun Backyard Activities You and Your Family Will Enjoy](#)
[Teach Kids to Care for the Planet with Backyard Conservation](#)
[DIY Backyard Design for Family-Friendly Outdoor Spaces](#)

Tips to Enjoy the Outdoors All Year Long

[50 Ways to Play in the Rain!](#)
[Springtime Nature Lessons with Birds, Bugs, and Butterflies](#)
[Summer Outdoor Activities That Are Fun and Educational](#)
[10 Healthy Fall Activities for Outdoor Family Fun](#)
[Outdoor Winter Activities for Kids](#)

It's easy to get intimidated by the idea of sending kids outside in wet or cold weather. It's just as easy to get caught up in the routine of our everyday lives. Working around these barriers and spending more time outdoors may take an extra effort. But we promise, the result will be worth it, and the whole family will feel more connected and better prepared to handle "real life."

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