

[Wilson County PFC](#) supports the development of young children and families in Wilson County through collaborative, community-based programs focusing on health, family support services, and quality education. Contact us today to learn more! (252) 206-4235



How to Instill a Love for the Great Outdoors with Your Kids

Honestly, getting kids to play outside can be tough these days. With so many cool movies, games, apps, and toys on the market, many kids would rather be inside than outdoors. If the child in your life prefers to spend more time with tech than in nature, it may be time to change up those habits. Spending too much time inside can result in a condition known as nature-deficit disorder, which is a growing trend among children and teenagers. This relatively new disorder can disrupt a child's development and even pose risks to their health.

Wondering what you can do to shake up a child's routine and help them enjoy more time outdoors, while also taking advantage of the educational opportunities nature affords? Here are a few ideas from [Wilson County PFC](#).

Try These Backyard-Based Games and Activities

Working moms know, you need to carve out time for your kids, even if it's not all daisies and rainbows! But outdoor fun is just a step away. If you're getting away to the great outdoors, that's twice the recharge.

[Top Backyard Games](#) for Families and Children
[Outdoor Science Ideas](#)
Encouraging [Your Kids to Discover Gardening](#)

Learn About and Explore Local Parks and Nature Trails

By immersing your family in nature, you'll teach them a lifelong appreciation for being outdoors.

How to [Camp with Kids](#)
Tips for [Getting Kids to Love Hiking](#)
[RV Lifestyle Tips and Tricks](#)

Encourage Kids to Take an Interest in Local Wildlife

Turn time outdoors into an opportunity to learn.

[Build a Butterfly Garden](#) with Kids
Some Backyard Upgrades Can Contribute to [Boosting Your Home's Value](#)
Get Them [Into the Fishing Scene!](#)
Tips for [Getting Kids to Respect Wildlife](#)

One quick caveat: Of course, not every child is going to automatically be up for an increase in time outdoors. For a more "indoorsy" child, you might encourage them to start simple by going on a walk while listening to their favorite music. Or create a space for them to do what they normally do indoors -- for example, if they love to read -- outdoors.

After you put a few of the ideas and tips above to work, the children in your care are bound to start begging you for more outdoor time! Then you should have very few issues encouraging them to get outside more often and reducing the risk for nature deficiencies.

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