



## All the Resources Your Family Needs to Combat Nature-Deficit Disorder

Take a moment to imagine a beautiful spring day. The sun is shining, the birds are singing, there's not a cloud in the sky — but your kids are still spending their free time indoors.

If this scenario sounds familiar, your children might be susceptible to developing nature-deficit disorder. Symptoms like anxiety and mood swings can affect anyone who spends most of the time inside. Thankfully, it's still entirely possible to inspire a love of nature in your children. We here at [Lowcountry Master Gardener Association](#) are always eager for kids to get outside as much as possible. We've collected some resources to help your family have more fun outdoors!

### **Enjoy the Outdoors at Home**

You don't need to plan a weekend at the lake or an overnight camping trip to enjoy the outdoors. Sometimes it's as easy as spending some time in your own backyard. If you don't know how to begin your at-home nature adventure, the resources below can lend a hand.

[Homemade Bird Feeder for Kids](#)

[How to Safely Observe Wildlife from Your Home](#)  
[13 Garden Pond Building Tips](#)

## **Start a Garden**

One of the best ways for children to connect to the outdoors is through gardening. Whether it's flowers, vegetables or anything else, gardening opens up a whole new world to explore.

[Here are 10 Benefits of Gardening with Kids](#)  
[Kids Gardening: Tips, Ideas and Projects](#)  
[How to Plant a Honey Bee Garden With Kids](#)

## **Exploring Away from Home**

Of course, if you want to see what the (nature) world has to offer, there's certainly no harm in that! The following resources can provide some ideas that you may not have considered before.

[4 Tips When Mountain Biking with Your Child](#)  
[Safe Hiking Tips for the Whole Family](#)

## **Plan a Nature Getaway**

One of the most immersive outdoor experiences you can have is camping. Setting up a tent and spending an evening (or two!) in nature is nothing short of remarkable. However, there are some things you need to keep in mind before planning your next camping trip.

[Best US National Parks for Kids](#)  
[How to Pack for a Family Beach Trip](#)  
[Camping Hacks for Families](#)

Even if you're concerned about how nature-deficit disorder could affect your children, you can still deepen their connection to nature. There are so many wonders in the world beyond the four walls of your home — and once you introduce your children to these fun outdoor activities, you'll have trouble getting them to come back inside!

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