



Image via [Burst](#)

## Resources to Help Your Family Battle Nature-Deficit Disorder

If you're like a lot of other parents, your child is either battling nature-deficit disorder (NDD) or is teetering on the line. On the whole, children are spending less time in nature than in generations past, and with the constant development of new technologies, the downward trend doesn't appear to be slowing anytime soon. Here's the catch: You can stop NDD in its tracks by getting your child to spend more time outdoors on a regular basis. To get started, check out these resources.

### **Outdoor Activities for Every Season**

*Here are some ideas for fun outdoor activities, from hot to cold weather:*

[Summer Activities for Kids](#)

[7 Mind-Blowing Backyard Science Experiments for Kids](#)

[Storm Spotting for Children: At-Home Meteorology](#)

[22 Outdoor Activities Perfect for Fall Weekends](#)

[10 Fun Outdoor Winter Activities for Kids & Adults](#)

## **Outdoor Sports**

*Playing sports comes with many benefits for kids, especially outdoor sports. Helping them find a sport they enjoy and investing in their participation can pay off for their health and well-being.*

[15 Benefits Team Sports Offer Kids](#)

[Helping Your Child Choose a Sport](#)

[Why Sports and Outdoor Activities are Important for Children's Development](#)

[Consider Adding a Basketball Court for the Whole Family](#)

## **Outdoor Family Activities**

*Here are some ideas for having fun outside with the whole family:*

[How to Begin Geocaching as a Family](#)

[4 Tips When Mountain Biking With Your Child](#)

[8 Tips for Taking Your Kids on Their First Backpacking Trip](#)

[Teach Your Kids to Fish in 10 Easy Steps](#)

Getting your child to spend more time outside is as simple as finding them fun activities to do. Fortunately, there are activities to enjoy in all four seasons, as well as plenty of sports and family-specific activities. Start winning the battle against NDD today, and don't look back!