

SOLANO COUNTY OUTDOORS! GUIDE

REFERENCES

Nature Deficit Disorder

A broad deep list of references: <http://www.education.com/topic/nature-deficit-disorder/>

Outdoor Education: An Entry to Careers In Science and Math For Diverse Populations

<http://www.education.com/reference/article/outdoor-education-science-math-diverse/>

Why our children need to get outside and engage with nature

Article in The Guardian about the value of engagement in nature for children

<http://www.theguardian.com/lifeandstyle/2010/aug/16/childre-nature-outside-play-health>

Jane Kirkland's Blog at the National Wildlife Federation

Many resources for exploring the outdoors, starting in your own backyard

<http://blog.nwf.org/author/jkirkland/>

The Powerful Link Between Conserving Land and Preserving Health

An Essay by Howard Frumkin and Richard Louv, published by the Children & Nature Network

<http://blog.childrenandnature.org/2007/07/01/the-powerful-link-between-conserving-land-and-preserving-health/>

Being near nature improves physical, mental health

Article by Amanda Gardner of Healthday for USA Today

http://usatoday30.usatoday.com/news/health/2009-10-15-nature-anxiety-exercise_N.htm

The Play Deficit

Article by Peter Gray of Boston College for Aeon Magazine

<http://aeon.co/magazine/culture/children-today-are-suffering-a-severe-deficit-of-play/>

Health Benefits To Children From Contact With The Outdoors & Nature

Literature review and Overview summary from the Children & Nature Network

<http://www.childrenandnature.org/downloads/C&NNHealthBenefits.pdf>

5 Health Benefits of Playing Outside

Care.com article about the benefits of being outdoors, with many internal links

<https://www.care.com/a/5-health-benefits-of-playing-outside-131104115840>

Doctor's Orders: More Outdoor Time For Kids

KQED blog article about the value of outdoor time

<http://blogs.kqed.org/science/2014/06/20/doctors-orders-more-outdoor-time/>

AAP Prescription for Healthy Active Living

From the National Environmental Education Foundation: The American Academy of Pediatrics (AAP) provides materials for families and pediatricians to support healthy active living, such as their Healthy Active Living Prescription in English and Spanish.

<http://www.neefusa.org/assets/files/AAP%20Rx%20-English%20and%20Spanish%20pdf.pdf>

Children's Health and Nature

A fact sheet from the National Environmental Education Foundation

<http://www.neefusa.org/assets/files/NIFactSheet.pdf>

Nature Rocks website from the Nature Conservancy

Lots of resources for exploring nature- in your backyard, in parks, in forests, in water- wherever you find it.

<http://www.naturerocks.org/index.htm>

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