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How to Get Your Family on Track and Away From Nature-Deficit Disorder

Even if you’re just hearing about nature-deficit disorder, you’ve probably heard the hubbub about how much time kids are spending indoors. While it might seem innocuous in some ways, so much time inside is actually not good for us at any age — and it can be particularly damaging for kids. Thankfully, there is much moms and dads can do to get everyone on a healthier track.

**Get Healthier and Happier in the Great Outdoors**

[Spending Time Outdoors Will Improve Your Health In 9 Fascinating Ways](https://www.littlethings.com/benefits-of-being-outside)

[Why Kids Need Nature](https://www.scholastic.com/parents/family-life/parent-child/why-kids-need-nature.html)

[Why Spending Just Two Hours a Week in Nature Is Good for You](https://www.healthline.com/health-news/spending-two-hours-a-week-in-nature-can-help-your-health)

[Sleep Camp: How Nature Can Help Us Sleep Better](https://www.smh.com.au/lifestyle/health-and-wellness/sleep-camp-how-nature-can-help-us-sleep-better-20170202-gu466b.html)

**Outdoor Adventures Begin at Home**

[How to Camp Under the Stars in Your Own Backyard](https://www.theelementsofliving.com/camp-stars-backyard/)

[Home Science: Backyard Astronomy Basics](https://www.homeadvisor.com/r/home-science-backyard-astronomy/)

[How to Build a DIY Fire Pit for Only $60](https://www.keepingitsimplecrafts.com/how-to-build-diy-fire-pit-for-only-60/)

[Backyard Treasure Hunt with Picture Clues](https://inspirationlaboratories.com/backyard-treasure-hunt-with-picture-clues/)

**Explore Nature in Your Community**

[Roscommon County Parks Offer Family-Friendly Fun](https://michigan.hometownlocator.com/features/cultural,class,park,scfips,26143.cfm)

[Visit Marguerite Gahagan Nature Preserve](https://www.gahagannature.org/the-preserve)

[Enjoy Roscommon Area Campgrounds](https://www.allstays.com/Campgrounds/mi-roscommon-campgrounds.htm)

[Best Playgrounds Near Roscommon, MI](https://www.yelp.com/search?cflt=playgrounds&find_loc=Roscommon%2C+MI+48653)

**Outdoor Activities the Whole Family Can Enjoy**

[How to Thru-Hike with Your Family](https://www.outsideonline.com/2343301/heres-how-thru-hike-your-family)

[How Geocaching Can Get Your Family Outside, Moving, and Having Fun](https://activeforlife.com/have-fun-with-geocaching/)

[4 Tips When Mountain Biking with Your Child](https://metalbladecycles.com/4-tips-when-mountain-biking-with-your-child/)

[Birding 101: Get Started Birding with Kids](https://www.parentmap.com/article/birding-for-families-cranes-eagles-pacific-northwest)

Whether you’ve heard about nature-deficit disorder before or not, you’re probably aware if your family needs more time in nature. Getting your family into the great outdoors is important, but thankfully, it’s also easy! Plan some backyard adventures, look for community-based fun, and find outdoor activities that are family-friendly, and you and the kids will be right on track!