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Is Your Child Teched Out? Here's How to Get Them to Spend More Time Outdoors

All and all, kids are now hanging out indoors more than in previous generations, which means they are doing fewer activities outside. While this has been a trend for many generations, it has definitely escalated in the last few decades. Richard Louv refers to this unfortunate trend as “nature-deficit disorder”—a term that seems to ring truer with each passing year.

The good news is that if your kid is spending too much time playing video games, binging streaming services, or browsing the web, it's not too late to reverse the trend. With a little help from these tips and resources, you can get your child to engage less with technology and more with nature.

Learn About Technology and Children

[The Older Kids Get, The Less Time They Spend Outdoors](#)
[Will Technology Ruin Your Children's Development?](#)
[How to Set Limits on Your Child's Screen Time](#)

Help Your Child Learn Outside

[9 Great Outdoor Learning Activities for Springtime](#)

[Take Reading Outdoors! Creating a Multi-Sensory Reading Experience](#)

[16 Nature Walk Activities for Kids](#)

[Plant a Child-Friendly Garden](#)

Help Your Child Exercise Outside

[Five Easy Ways to Help Kids Become Interested in Sports](#)

[How Much Does It Cost to Build a Basketball Court?](#)

[Why Your Backyard Needs an In-Ground Trampoline This Summer](#)

[Building Your Own "Field of Dreams" Baseball Field](#)

Do Activities with the Whole Family

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

[The Ultimate Guide to Camping with Kids](#)

[Best Theme Parks for Families](#)

[6 Steps to Fishing Success With Your Kids](#)

Technology isn't bad in and of itself, but when children are spending all their leisure time indoors, something needs to change. If it's time for your child to start spending time outdoors again, consider the above ideas. Try out some outdoor activities with your child and see if you can't add a few to your weekly routines.