

Daily dose of nature good for kids

By Cynthia Orlando, Statesman Journal

Today more than 80 percent of the U.S. population lives in urban areas. It's therefore fortunate we now understand many of the physical and psychological benefits healthy trees provide urbanites: Our parks and trees are more than aesthetically pleasing areas that help address pollution problems.

Unfortunately, life for everyone these days can be demanding – even for children. School, societal pressures and even relationship challenges with family members or friends can be stressful for kids and young adults. Also, children are spending more time than ever indoors and on electronic devices, including laptops, cell phones and electronic games.

In the last 10 years or more, the medical field has found these sorts of habits and stresses are unhealthy and can affect the immune system.

A renewed focus on the many health benefits children receive from exposure to nature and play in the natural environment is called for.

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