

# HOW CAN PARENTS INCREASE THEIR CHILDREN'S TIME OUTSIDE?

ADVICE FROM PANDEMIC PARENTING  
GUEST EXPERT, **DR. GENEVIEVE DUNTON**

**1**

**Have your kids outside with you when you're gardening or doing chores**  
Maybe ask them to help you!

**2**

**Encourage your kids to do traditional indoor activities outside**  
Ex. Reading a book or enjoying a meal outside

**3**

**Go on family walks**  
This has the added benefit of building closeness within the family.



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