

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.

