

Children spend only half as much time playing outside as their parents did

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Almost all (100%) of the parents of 1001 children between the ages of 4 and 14 were studied by the National Trust, children have relationships with nature, playing outdoors is important for their development I believe there is.

According to the survey, on average, children spend more than 4 hours a week to play outdoors.

The trust has a list of 50 children to do before moving at 11 o'clock and 3:30 pm and can do outdoor activities such as climbing a tree, making a nest, clover play, searching for a bug, and star gauging I will.

Trust also supports this inconspicuous stick as a "must-have" toy that stimulates children's imagination and creative games.

Raleigh Ritchie, a musician and power game star, played a gray worm at the show and worked with the National Trust to carry out the event. He wrote something like a stick that could be anything from a cane to an archery bow, what a child can do, and what can be found outside.

He said: "For some people, that stick is just a stick, but I hope to make sure that the possibilities are infinite for the young people, like pen, sword, witch's broom There can be, Kiel ... anything

"This is something you should do when you are a child, you go outdoors, take risks, customize the world with the imagination, and appetite for fresh air and pleasure."

Child psychologist Dr. Sam Wass said that outside children can better utilize their imagination and creativity as they are encouraged to play computers and television in various ways.

National Trust Ranger Ed Anderson said: "This summer, we want to go outdoors to children and families across the country, to grab the perfect stick and to inspire the story to start with nature.

"Under the squeezed natural environment, we hope to plant the love of nature among our children to help encourage our children to keep the next generation of beauty I am. "

However, many adults can not spend a lot of time outdoors or children. Indeed, when parents grew, the children spent half of the outside time. Several studies have shown that they spend only 30 minutes outside of their daily but others think that the number is as low as 4-7 minutes; in any case today's children are at the highest security prison Time spent outside the prison is less. . 96% of the surveyed parents think that desiring to increase the time spent by children outdoors, we believe that connection with nature is important for their development.

This is an amazing fact. According to the Ceasars Family Foundation, today's infants spend almost the same time in front of certain screens, such as computers, video games and television. For most parents, this sounds as healthy as a candy bar after every meal. We are the first parents to be challenged by nurturing children in the digital age. Time has changed as the television contains only three stations from a nearby metropolis, and you have to negotiate changes with your sister. As a new media family, we have to face hundreds of cable channels, video games (including TV and

PDA), even even in-car DVDs. In order to help our children manage media attacks, we need to set limits and see what they are useful rather than hurting them.