

Nature & Pregnancy & Early Life

2 hours/week, 20+ minutes at a time. That's all it takes.

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.ⁱ Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutesⁱⁱ – hence our 20-minute rule.

Spending time in nature

KEEPS PREGNANT MOMS ACTIVE AND ENGAGED

Scientists believe that women who frequent neighbourhood green spaces exercise more and feel more connected to their communities.ⁱⁱⁱ

SURROUNDS YOU IN A HEALTHIER ENVIRONMENT

Spending time in nature reduces your exposure to air pollution, noise pollution and heat—reducing stress on you and your growing baby.^{iv}

LEADS TO HEALTHIER BIRTH WEIGHT

A study of over 2,000 expectant mothers showed that those who live near more green space deliver babies with higher birth weights.^v

HONES DEVELOPING MOTOR SKILLS

Young children who play in nature compared to a traditional playground develop superior motor skills, balance and coordination.^{vi}

GIVES KIDS A GOOD NIGHT'S SLEEP

Children who attend outdoor daycares with lots of greenery and varied topography sleep longer at night and enjoy better overall health.^{vii}

Make the most of your nature prescription with these simple tips

1. MAKE EASY GREEN TWEAKS TO YOUR ROUTINE

Avoid adding extra time and effort by substituting outdoor activities for indoor ones.

2. WRITE NATURE INTO YOUR SCHEDULE

Prioritize your date with nature by adding it to your calendar or day planner.

3. PHONE A FRIEND OR FAMILY MEMBER

Making it a team effort increases your chances of meeting your goals.

4. RESPECT NATURE—AND YOURSELF

Dress for the weather, stay on the trail and pack out what you pack in. For more on how to get outside safely and responsibly, visit our friends at [AdventureSmart](#).

5. DO WHAT FEELS RIGHT FOR YOU

The health benefits of nature start to add up when you feel like you've had a meaningful nature experience.

ⁱ White, M.P. et al. *Sci Rep* 9, 7730 (2019); ⁱⁱ Hunter, M.R. et al. *Front Psychol* 10, 722 (2019); ⁱⁱⁱ Richardson, E. *Occup Environ Med* 71, 527 (2014); ^{iv} Smith, R. et al. *BMJ* 359, j5299 (2017); ^v Cusack, L. et al. *Int J Health Geogr* 17, 43 (2018); ^{vi} Fjørtoft, I. *Early Child Educ J* 29, 111 (2001); ^{vii} Söderström, M. et al. *Acta Paediatr* 102, 83 (2013).



Ready to activate
your prescription?
Head to parkprescriptions.ca



Healthy by Nature
From BC Parks Foundation