

## "The Indoor Generation"



### Increased incidences of :

- Attention Deficit Hyperactivity Disorder
- Myopia
- Obesity
- Depression and Stress
- Childhood Diabetes
- Vitamin D Deficiency

## HAS YOUR CHILD PLAYED OUTSIDE TODAY?



- Greater Agility and Coordination
- More Curious, Creative and Imaginative
- Improved Concentration
- Increased Physical, Mental and Emotional Well-being
- Increased Environmental Stewardship

**Happier, Healthier, Smarter!**

Stay informed, engaged and inspired...  
from awareness to action at  
**OhioLNCI.org**

Join a Leave No Child Inside Collaborative in  
your area OR start your own.  
It's grassroots—from the ground up!

Find innovative nature programs/initiatives to  
inspire you. Invent your own program to  
reconnect a child with nature.

Learn more about the  
National Leave No Child Inside movement  
and the more than 80 initiatives started by  
concerned citizens and civic leaders.

Read the LNCI report and the Ohio Children's  
Outdoor Bill of Rights posted on our website  
and the list of cities and municipalities that  
signed the OCOBR Proclamation.

Member of the National  
Children & Nature Network:  
[www.childrenandnature.org](http://www.childrenandnature.org)



**Our Mission:** Through education and  
community engagement, the Ohio Leave  
No Child Inside Collaboratives promote  
children's outdoor play, learning and life-  
long connection with nature

**Our Vision:** for every child and family in  
every Ohio community to experience the  
wonder of the natural world every day.

Children in nature...  
Happier, Healthier, Smarter



# The Ohio Leave No Child Inside Collaboratives

A back-to-nature movement to reconnect children with the outdoors is burgeoning nationwide. (USA Today)

WHO ARE WE?

## The Ohio LNCI Collaboratives

We are a network presently comprised of five regional LNCI collaboratives. Since 2006, a movement has grown to include over 80 Children and Nature initiatives all around the world. Ohio LNCI is part of this movement that is focused on remedying "nature deficit disorder" (Louv 2006). Through education and community engagement, the Ohio Leave No Child Inside Collaboratives promote children's outdoor play, learning and lifelong connection with nature.

Leave No Child Inside—Greater Cincinnati

The Leave No Child INSIDE Central Ohio Collaborative

Leave No Child Inside—NW Ohio

North East Leave No Child Inside

Leave No Child Inside - Miami Valley Collaborative

**START ONE IN YOUR AREA TODAY!**

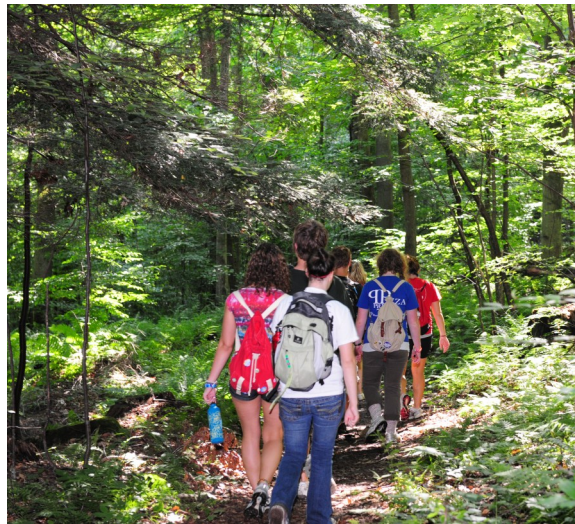
## Did you know?

Children ages 8-18 spend an average of 7 hours a day (outside of school) watching television, playing video games, and using computers. (Kaiser Family Foundation)

Obesity has quadrupled over 25 years among boys and girls. (National Center for Health Statistics)

Children with symptoms of ADHD are better able to concentrate after contact with nature. (Taylor et al. 2001)

Children who play regularly in natural environments show more advanced motor fitness, including coordination, balance and agility, and are sick less often. (Fjortoft & Sageie 2001)



Join us today in helping to ensure that the children of Ohio are Healthier, Happier, and Smarter!

**EVERYONE CAN PLAY A PART!  
JOIN US!**

Parents/Grandparents, Doctors, Teachers, City Planners and Developers, Civic Leaders, Mayors, Legislators, School Board Members, Business Leaders, Folks who work with Nature Centers, Parks, Museums, and Camp Leaders and many more are ALL joining the Leave No Child Inside movement!!

**HOW CAN I HELP  
RECONNECT CHILDREN AND  
NATURE?**

Visit **OhioLNCI.org** to learn more...

- \*Take your child outside every day to play and explore.
- \*Set an example and commit to "unplugging" every day.
- \*Create outdoor learning environments at your school or childcare center.
- \*Add more natural play spaces into your urban planning and neighborhood development.
- \*Prescribe outside time in nature for your patients.
- \*Invent a new nature program at your church, synagogue, mosque, school or home.
- \*Support a child going to an overnight nature camp.
- \*Create and support legislation to ensure all children have safe access to natural spaces.