

R_X PRESCRIPTION FOR PREVENTION



Nature and Play (NYC Residents)

Spending time in nature gets a child more exercise, reduces stress, improves concentration in school and helps with healthy mental and physical development.



- ✓ Ideas for outdoor play:
 - Free play or exploration.
 - Visit a park, playground, or nature center.
 - Take a walk around the block.
 - Ride bikes (wear a helmet!)

- ✓ Limit your child's screen time.

- ✓ Read books about nature with your child.

Signed: _____

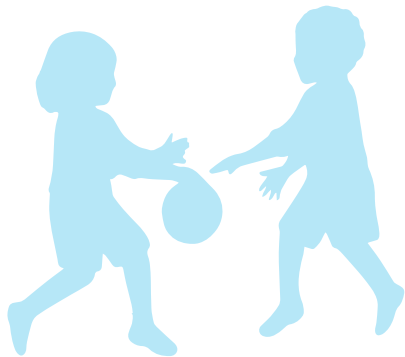


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- ✓ Learn about NYC parks and kid-friendly activities: www.nycgovparks.org
- ✓ Rainy day? Check out free library events: www.nypl.org
- ✓ For more information visit: nyscheck.org/rx



New York State Children's
Environmental Health Centers

NYSCHECK.ORG