



It's National Parks and Recreation Month! Let's Play Outside

A Note from the Director



Kids are out of school and it's [National Parks and Recreation Month](#), so let's get out and play! With 59 national parks and thousands of state and local parks, there are plenty of options available. The term [Nature Deficit Disorder](#) has been coined to serve as a description for the concern that children have increasingly less exposure to nature. Unsurprisingly, urbanization and technology are contributing factors.

Spending time in nature offers a number of benefits, including reducing stress, improving mental health and focus, and providing exercise. Even a 10-minute walk outside can be a great de-stressor! Getting outdoors is particularly [important](#) for

children. It teaches them responsibility, curiosity, and encourages physical activity. Parks can also offer a fun-filled, low-cost way to spend some un-plugged, quality time with family. I hope the following tips and resources will encourage you and the families you serve to get outside and have some fun.

Best Regards,

Robyn Cenizal

Robyn Cenizal, CFLE
Project Director

Tip of the Month

Your monthly tips to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

Ready to get outside with your family this month? Whether you are checking out a local nature center, going to a nearby park, or hitting the trails, check out some of the tips below to help you make a plan!

- **Do some research.** No matter where you live, there are likely countless places to explore. Look up your local nature center and parks, or check out some [state](#) and [national](#) ones!
- **Consider your goals.** Whether you're looking to de-stress, exercise, learn something new, improve [communication](#), or just have a fun time, being intentional about why you're spending time outside can help you make the most of it.
- **Go simple.** You don't need an elaborate adventure for your kids to get the benefits of spending time outside. Check out some of these [easy activities](#) for inspiration.
- **Be prepared.** Don't let something like hunger or a sunburn ruin your day! Check the weather, bring water and food, and share your plan with someone else before you leave.

Featured Resources

The Resource Center's **Virtual Library** has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures,

pamphlets, training resources, program reports or evaluations, and research materials.

- **[Why Good Health Matters in Relationships](#)**
This tip sheet provides suggestions to help safety-net service providers raise consciousness and help couples start off on the path to improving their health and wellbeing, benefitting individuals and promoting stability for couples and families.
- **[Strong Families: Tips for Healthy and Effective Communication](#)**
This tip sheet provides specific tips to improve communication skills. Consider applying it to whatever outdoor activity you decide to try!
- **[Promoting Child Health and Safety: Why Healthy Couple, Co-Parenting, and Marital Relationships matter to Caregivers and Children](#)**
This webinar was designed for agencies and providers focused on helping parents and caregivers promote child health and safety. It provided information about how healthy couple and marital relationships impact children directly and indirectly through parenting quality, what relationship education looks like in this domain, and how it can be integrated into services to better promote family stability and child health and safety.

Events

The Resource Center's **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **[National Conference on Health Communication, Marketing, and Media, August 13-15, 2019, Atlanta, GA](#)**
This annual conference brings together individuals representing academia, public health researchers, and practitioners from federal and state government and the private sector, and provides a forum for collegial dialogue within and across these disciplines. Join us for this excellent opportunity to meet with colleagues and shape the future of health communication, marketing, and media practice.
- **[24th Annual International Summit on Violence, Abuse & Trauma Across the Lifespan, September 5-8, 2019, San Diego, CA](#)**
This Summit is a unique forum for professionals across all disciplines and philosophies to gather for in-depth exchange of current information on all facets of

violence, abuse and trauma prevention, intervention, and research. The Summit focuses on linking research, practice, policy, and advocacy to promote violence-free living for all.

Feedback and Technical Assistance

To learn more about the Resource Center, visit us at www.healthymarriageandfamilies.org.

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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