Idea 9

NATURE TAKEOVER
Turning unused or dilapidated infrastructure into community gardens, small parks or natural playgrounds has increased spaces where children can play and families can meet.

This gives babies and toddlers access to nature, creates a stronger sense of community and improves environmental awareness. It also improves children’s self-efficacy – or their sense of achievement, their sense of cause–effect and their nutrition and understanding of where food comes from.

Exposure to nature on a regular basis has a positive impact on mental health for both children and caregivers, in addition to improving self-regulation skills and physical development in children.