



# **Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder**

*Richard Louv*

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"I like to play indoors better 'cause that's where all the electrical outlets are," reports a fourth-grader. Never before in history have children been so plugged in—and so out of touch with the natural world. In this groundbreaking new work, child advocacy expert Richard Louv directly links the lack of nature in the lives of today's wired generation—he calls it nature deficit—to some of the most disturbing childhood trends, such as rises in obesity, Attention Deficit Disorder (ADD), and depression.

Some startling facts: By the 1990s the radius around the home where children were allowed to roam on their own had shrunk to a ninth of what it had been in 1970. Today, average eight-year-olds are better able to identify cartoon characters than native species, such as beetles and oak trees, in their own community. The rate at which doctors prescribe antidepressants to children has doubled in the last five years, and recent studies show that too much computer use spells trouble for the developing mind.

Nature-deficit disorder is not a medical condition; it is a description of the human costs of alienation from nature. This alienation damages children and shapes adults, families, and communities. There are solutions, though, and they're right in our own backyards. *Last child in the Woods* is the first book to bring together cutting-edge research showing that direct exposure to nature is essential for healthy childhood development—physical, emotional, and spiritual. What's more, nature is a potent therapy for depression, obesity, and ADD. Environment-based education dramatically improves standardized test scores and grade point averages and develops skills in problem solving, critical thinking, and decision making. Even creativity is stimulated by childhood experiences in nature.

Yet sending kids outside to play is increasingly difficult. Computers, television, and video games compete for their time, of course, but it's also our fears of traffic, strangers, even virus-carrying mosquitoes—fears the media exploit—that keep children indoors. Meanwhile, schools assign more and more homework, and there is less and less access to natural areas.

Parents have the power to ensure that their daughter or son will not be the "last child in the woods," and this book is the first step toward that nature-child reunion.

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#### **Jill Davis:**

Playing with family in a park, coming to see the ocean world or hanging out with buddies is thing that usually you may have done when you have spare time, subsequently why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder, you are able to enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't obtain it, oh come on its called reading friends.

#### **David Black:**

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder can be one of your beginning books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to put every word into satisfaction arrangement in writing Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder yet doesn't forget the main stage, giving the reader the hottest as well as based confirm resource info that maybe you can be considered one of it. This great information can easily drawn you into brand-new stage of crucial considering.

#### **Irene Hoyt:**

That guide can make you to feel relax. This specific book Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder was multi-colored and of course has pictures on there. As we know that book Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder has many kinds or genre. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and think you are the character on there. So , not at all of book tend to be make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book for yourself and try to like reading which.

#### **Piedad Trainor:**

As a scholar exactly feel bored for you to reading. If their teacher asked them to go to the library or to make summary for some reserve, they are complained. Just small students that has reading's spirit or real their interest. They just do what the trainer want, like asked to go to the library. They go to at this time there but nothing reading really. Any students feel that looking at is not important, boring along with can't see colorful pics on there. Yeah, it is to be complicated. Book is very important for you personally. As we know that on this era, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. So , this Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder can make you really feel more interested to read.

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