

Children, Nature & Technology

Mindfully connected for brain health
and focus in the age of digital distraction



How much time exposed to WiFi?

Never before have our children spent so much time inside, inactive, and staring at digital screens.

At risk is their physical, mental and cognitive health, emotional wellbeing and connectedness with others and the natural world.

Never before has it been so crucial to encourage creative and screen-free outdoor play, and nurture a love of reading, music and nature.



Does your child balance tech time?

With a safer and more mindful use of technology, we can balance being tech-savvy *and* healthy.



Does your family enjoy screen-free play?



Know the signs of digital addiction?

Children, Nature & Technology is an educational program by parents, naturalists, doctors and other health professionals.

Kerry Crofton PhD, Founder/Director

The Global Alliance for Brain & Heart Health

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