



THE ROLE OF NATURE IN CHILDREN'S HEALTH POST-COVID

EXECUTIVE SUMMARY

A research developed in Brazil

The research **The Role of Nature in Children's Health Post-Covid** was an initiative of the Instituto Alana carried out by the Social Knowledge Network and the Children and Nature program, and supported by WWF-Brazil and the Bernard van Leer Foundation.

The research aims to produce evidence to **answer the following questions:**

-  **Did the children have contact with nature and outdoor play during the pandemic? Did it benefit them?**
-  **Are families planning to prioritize contact with nature after the pandemic? Are there any barriers to this?**
-  **Do families value nature conservation, thinking about people's health and well-being?**

The **target public** were mothers, fathers, and caretakers for children up to 12 years old, from all socioeconomic backgrounds, who live in urban regions all over Brazil, and have access to the Internet.

The **methodological approach** included two stages: a quantitative one, via an online questionnaire, with 1,000 respondents, and a qualitative one that included the participation of 10 families. These families participated in these two dynamics carried out remotely - QuestionAction and Children's Perspective - whose evidence contributed to the development of the quantitative stage and corresponding analysis.

The two stages were both carried out between August and September 2021.





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Among the **main results**, the highlights were:



Families recognize the benefits that nature and outdoor spaces have brought to children



perceived that contact with nature has allowed children to get through the pandemic with better health and well-being.



Regarding the future, the data show that



of families intend to take their children more often to public outdoor areas such as squares and parks.



The lived experience during the pandemic brought a greater concern with nature conservation and its importance for the quality of life



of families began to value nature conservation more and 59% began to think more about the importance of having green urban areas.

Initiative



Elaborated by



Access the full research report (in Portuguese) at: bit.ly/nature-for-children-health

Support

