

PROJECT NATURE

BestStart Washington is recruiting pediatric practices to participate in Project Nature.

Project Nature has designed materials and systems to support and encourage families to spend more time outside in nature.



BACKGROUND

Being in nature promotes the health and development of children.

Yet there can be barriers to accessing nature or competing priorities. Project Nature has created materials for pediatric care providers to share with families of children 1-10 years during their well-child checks.

OVERVIEW

AT WELL CHILD VISITS, FAMILIES ARE GIVEN:

- Engaging materials about time outside.
- Children choose from a variety of nature toys.
- Access to online content to support more time spent outside.

RESEARCH

- Families are surveyed about their knowledge of the health effects of nature, and how much time their children spend having nature experiences.
- Family surveys are conducted before the materials are shared with families, and then again at the conclusion of the project.

CLINIC SUPPORT

ONLINE ORIENTATION

- Virtual orientation & training led by:
Dr. Danette Glassy, MD FAAP
Dr. Pooja Tandoon, MD FAAP

WORK FLOW SUPPORT & DESIGN

- Work flow design & Technical Assistance.
- All patient materials and nature toys will be provided.
- Monthly coaching calls, data collection.
- Onsite coaching available.

STIPEND

- Participating practices will receive a one time \$500 stipend.
- Potential for free MOC part 4/CME Cat 1.



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FOR MORE INFORMATION,
PLEASE CONTACT:

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