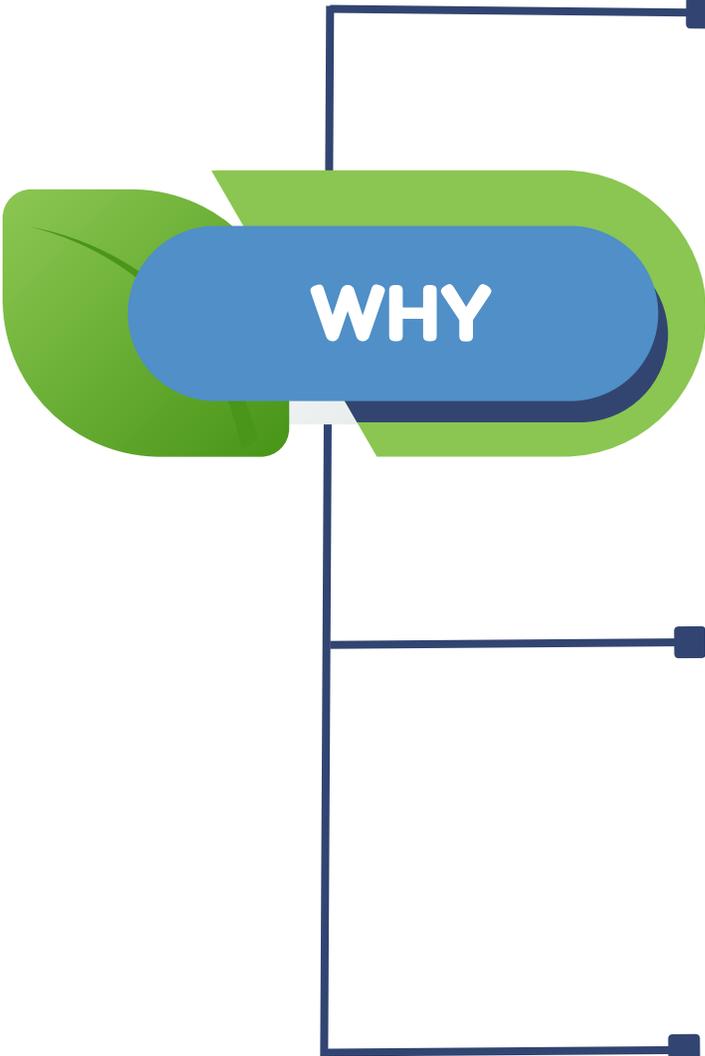


Out Grown



MISSION

To empower families with young children to step outside and enjoy the physical and mental benefits of growing up in nature.



WHY

■ **Children are growing up spending less time outside**, despite evidence that nature provides improved physical and mental health and better learning and development outcomes.

■ **We are in a global climate crisis**, making it imperative that our future generations form a strong and lasting connection to the care and protection of our natural resources. We protect what we love - we can't build a love if we are not able to experience and enjoy nature with an opportunity to build a long term relationship and sense of belonging.

■ **The harmful impacts of decreased time outside and our climate crisis are experienced at an increased level for marginalized communities**, making it imperative that we address inequities to reduce harm where it is experienced most.



CHALLENGES

■ **There are cultural, racial, socio-economic, ability, experience, gender, orientation, and other barriers faced by families when it comes to getting outside.** They may not have a relationship or familiarity with the outdoors that allows them to feel safe, welcome, knowledgeable, or otherwise able to access the outdoors. This is compounded when they have infants or young children to consider.

■ **Becoming a parent is a new skill set to learn and adapt to.** There are often questions, concerns, and a lack of opportunity to get comfortable with all of the new needs, equipment, and other elements of managing life with an infant.

■ **Getting outside with a newborn is scary.** New parents often have postpartum depression/baby blues symptoms that increase anxiety, fear, and feelings of incompetence.

■ **Parenthood is isolating.**

SOLUTION

Turn the
BLUES
GREEN



Support for families to get outside and build a community as soon as their baby is born.

HOW?

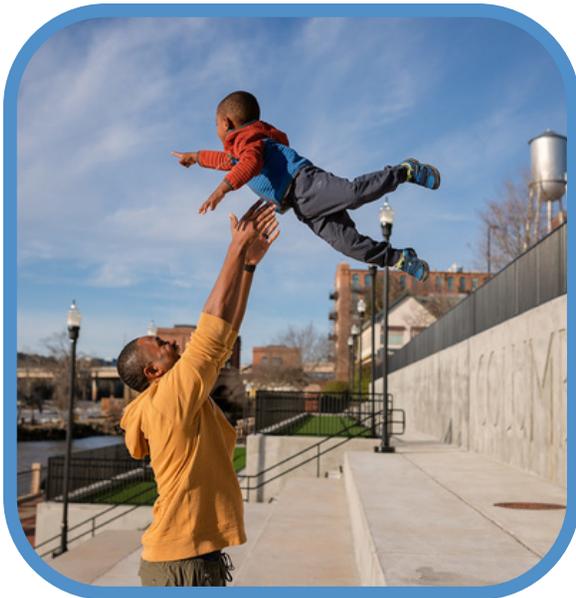
We connect with organizations that support new parents in the pre, peri, and post natal phases.

We offer customizable curriculum and support tools that help families learn about the benefits of time outside for adults and infants, fosters community, and provides practical tips and tricks to support families in getting outside, bonding with their infant, and tending to their own needs as they transition into parenthood.

SOLUTION



BRING IT OUTSIDE



Culturally relevant workshops, resources, and community building that connects to a greater network of community support organizations to help weave a more integrated support system for families who are marginalized.

HOW?

We connect with organizations that support families.

We offer customizable curriculum and support tools that help families learn about the benefits of time outside for adults and children.

We foster community and provide practical tips and tricks to support families in getting outside, bonding with their children, while introducing them to the developmental, environmental, and community benefits of time in nature.

SOLUTION

HIKE IT BABY



Community led outdoor events for families with the goal of connecting parents and making it easier for them to get outside together.

HOW?

We offer a platform where families can build a self-sustaining community at local, regional, and national levels.

We offer tools that help families identify, explore, and connect with the green spaces near them that are most appropriate for their needs and abilities.

We encourage families to use their means and their voices to advocate for more access, more space, and more support so we can continue to lower barriers for everyone.



Out Grown

Childhood is an adventure.
Bring it outside.

weareoutgrown.org