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Vitamin N (for “nature”) is the comprehensive practical handbook that readers of Last Child in the Woods and The Nature Principle have been asking for. It addresses the whole family and the wider community with 500 smart, fun, and effective ways to engage with the natural world; scores of informational websites; and dozens of thought-provoking essays. You’ll find an abundance of down-to-earth advice as well as creative projects and activities for every stage of life, from suggestions for calming infants through nature, building a nature vocabulary with toddlers, and helping tweens become citizen scientists to finding nature-centered schools, medical professionals, and even careers; plus easy ways for the whole family to join nature clubs, volunteer to restore damaged habitats, and more.

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