

The National Trust Reveals Kids' Plea For More Family Time



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October 26, 2012, 2:41 pm -- [/EPR NETWORK/](#) -- The National Trust has revealed one in five 8-11 year olds want to spend more time with their parents and more than a third of parents said they want to spend more time with their kids.

While watching television and DVDs tops the YouGov poll* as the most common way for parents and children to spend time together in the UK** 26 per cent of children aged 8-11 years old and nearly half (49 per cent) of all parents surveyed said they would like to spend more time together just going for a walk.

To help families get out on an autumn walk, users of the website Mumsnet have provided some top tips on making sure that parents have got everything ready for a fun day out such as climbing a huge hill, flying a kite or hunting for some treasure on a beach.

Over the half-term period there will be hundreds of family walking adventures at National Trust properties as part of the [Great British Walk](#), which has been organised in partnership with PruHealth.

These walks are the perfect way for kids to tick off their '50 things to do before they're 11 ³/₄', including collecting and play conkers and picking and eating apples straight from the tree.

Simon Pryor, Natural Environment Director at the [National Trust](#), said: "Despite the fact that TV seems to be dominating family life its really encouraging that children and parents want to spend more time together and that walking is seen as a great way of doing just that.

"Walking is a brilliant way for families to spend time together, get fit and discover the joy of the British countryside.

"And with so many great activities taking place at National Trust properties around the country this half-term there's no better time to get out and go on a walking adventure."

Mumsnet co-founder and CEO Justine Roberts added: "It's all too easy to end up spending all family time in front of screens, watching TV or playing video games. Spending time with the children outdoors can be just as cheap as well as fun and educational and offers a bit of balance in a world dominated by X-Factor and Fifa 12."

Dr William Bird, GP, said: "Children can benefit hugely from walking in the outdoors. High blood pressure, cholesterol and depression can be detected in children as young as 10, due to inactivity. Spending time with family, in the outdoors, can invigorate even the most TV or X-box-obsessed children."

Free family friendly trails can be downloaded from www.nationaltrust.org.uk/greatbritishwalk and families can share their favourite walks online for the chance to win a stay in a National Trust holiday cottage.

-ENDS-

Notes to editors:

* All figures, unless otherwise stated, are from YouGov Plc. Both surveyed were carried out online.

Children's survey : Total sample size 493 (of which 230 were aged 8 to 11 and 263 aged 12 to 15). Fieldwork was undertaken between 25th September - 1st October 2012. The figures have been weighted and are representative of all GB children (aged 8-15).

Parents survey: Total sample size was 2054 adults (of which 492 were parents of children aged 18 and under). Fieldwork was undertaken between 28th September - 1st October 2012 The figures have been weighted and are representative of all UK adults (aged 18+).

** The figure among parents with children aged 18 and under was 72 per cent and 81 per cent 8-11 year olds surveyed.

About The National Trust

The National Trust looks after more than 250,000 hectares of countryside, 710 miles of coastline and hundreds of historic places across England, Wales and Northern Ireland. For more information and ideas for great value [family days out](#) go to: <http://www.nationaltrust.org.uk/>

PR Contact:

Mike Collins

Senior Press Officer

The National Trust

Heelis

Kemble Drive

Swindon

SN2 2NA

01793 817709

www.nationaltrust.org.uk

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