

Gardening with Kids

Kids are curious, learn well by doing things and love to dig in the dirt. Caring for a garden or plant can be fun. Gardening helps children learn where their food comes from, how to care for the environment, reduce stress and increase physical activity and much more.

New to gardening?

- Start off small. Use a box, a pot or a sunny area in your yard.
- Choose a plant that will fit in the place you have.
- Choose plants that are easy to grow and fun to watch such as lettuce, tomatoes and sunflowers.
- Find out how much light the plant needs. Keep the pot by a sunny window or take it outside.
- Water the plant as needed. If the soil is dry, it is time to water.



Photo by [Jonathan Kemper](#) on [Unsplash](#)

Activities for children

- Give children their own pot or area of the garden.
- Let them dig the hole and plant the seeds. Use large seeds like beans or sunflowers.
- Talk about the activities and the plants when you are gardening. Find books or pictures of what the plant will look like when it is full grown.
- Show them the changes in the plant as it grows and blossoms.
- Include children in picking the food off the plant when it is ready.
- Don't forget tasting. Let children try the fresh foods with no pressure.
- Check out the following website for more ideas: kidsgardening.org/for-caregivers

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.