

7 Reasons to Have a Garden This Year

As warm weather slowly rolls in, it is getting to be almost time for planting the garden. You might have considered planting a garden yourself, or perhaps you have thought it wouldn't be a good investment of your time. But planting a garden with the help of your children can actually be an incredible experience for your kids with many positive benefits, some of which we will now dive into:

Develop Fine Motor Skills

Helping with planting and maintaining a garden will help your young child in their development of fine motor skills. Whether they're picking up seeds, digging holes with shovels, or weeding out unwanted growth, they will put their hands to work. They will learn that sometimes it's important to be gentle with plants when picking the ready harvest, and how to hold tools properly in their fingers.



Encourage healthy eating

By being involved with the planting and growing process, your kid will learn where food actually comes from. It doesn't just appear in the magical refrigerator or end up on the counter out of nowhere. But more importantly, being involved in the process will encourage them to try the literal fruits of their labor and foster a positive attitude towards healthy eating. You may find that your kids are more willing to eat - or at the very least, try - veggies that they themselves grew.

Teach science

Plants are a great way to begin the introduction to science. Begin with explaining in simple terms how the sun gives energy to plants, who in turn use it to produce food and the oxygen we breathe! Describe how plants need both water and the nutrients in the soil to survive and flourish. Explain how flowers work and the importance of pollination. These conversations can come naturally while you are outside with the plants.

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Learn responsibility

A garden is not a one-and-done activity. Once the plot of ground is ready and the seeds are planted, the work does not end. The seedlings will need to be watered consistently, and weeds will have to be pulled. A garden is a commitment, and your child will learn the responsibility of completing tasks routinely and understand that living things need consistent care.

Practice patience

Plants take time! They don't grow and produce fruits, vegetables, or leaves automatically. And even as they begin to produce them, it is important to wait until they are ripe and the right size before harvesting. Your kid will learn patience and that good things come to those who wait!

Foster family time

Tending to a garden is a wonderful way for the entire family to work together while being in the fresh air. Embrace the bonding time and have fun growing together!

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Originally posted on the Now What? Blog on 4.21.21 The Now What? Blog served for nearly 7 years to

- 1. Normalize parents seeking support and help as a manner of child abuse prevention*
- 2. Engage community in how they can work to prevent child abuse*
- 3. Work to build resiliency in families through promotion of the 5 protective factors*

Maybe you coach a baseball team or you help care for the neighbor kids from time to time. You are investing in the safety and security of the children in our community. Because it truly does take a village to raise our children, we want to offer the tools needed to bring awareness and education to preventing child abuse.

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