

A Practical Guide



# My Mini Monsters



Growing Plants  
&  
Flowers





## Growing Plants & Flowers

Growing plants & flowers with your kids is a great activity, whatever their age. Children are fascinated by caring for their growing flowers over the weeks. They love the excitement and anticipation of waiting for their seeds to sprout! It's a much more interesting way of teaching them about what plants need to survive, as apposed to reading about it in a book.

Gardening is also great as it gets kids out in the fresh air away from the TV and computer games! It's something that you and all the family can enjoy together.

Gardening Tips.....

- Start on a small scale, don't be too ambitious initially, and start off simply with maybe potatoes in a bucket or some sunflowers. You could even try cress egg heads with particularly young children as it grows really fast and they can eat it afterwards!
- Gardening tends to have that messy factor that kids love - so keep some old clothes aside for your gardening gear!
- Keep it fun. Let the kids do as much as possible by themselves. Give them their own little section of the garden or their own pots, so they don't ruin your flower beds!
- Get your children their own little set of gardening tools and watering can so that they can copy you.

- Stay relaxed about what the children are doing and be prepared for a mess, that way you won't feel frustrated when they don't plant little seeds in perfect straight lines.
- And finally don't forget sun cream and sun hats - even on days that aren't brilliant sunshine they still need skin protection especially in the middle of the day.

*Kizzy says: 'Why not attract some wildlife into your garden by hanging bird boxes and seeds.....Blue Tits particularly like peanuts!'*

