

Why Gardening is Good

Develops strength, balance and coordination



Most kids naturally enjoy spending time in the backyard - digging in the soil, looking for worms, playing with the hose and observing plants grow and change.

Gardening with your child helps them to develop skills such as: [how to use tools](#) like shovels, rakes and brooms, [balance](#) while walking with a watering can over uneven ground and [managing risk](#) when learning about insects and spiders.

Many gardening activities such as raking and sweeping require your child to cross the midline of their body, an important part of development. The ability to [cross midline](#) helps with your child's reading, writing and motor skills.

[Babies](#) enjoy gardening too. Allow them to join you outdoors and practice their grasping skills by reaching for plants, tools and handfuls of soil to explore.



Develops upper body strength

Digging, raking and wheelbarrowing develops large muscle skills.



Develops balance and coordination

Increases your child's confidence when walking on uneven terrain.



Encourages healthy eating

Kids are more likely to try a fruit or vegetable they have helped to grow.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org