



FabFives:

Five Easy wildlife projects

- Put up a bird table or nestbox
- Invest in some of our Insect Habitats from Wildlife World
- A large container to create a miniture pond
- Hang a bumble bee house in the hedge
- Keep critters close at hand with Watch a Bug, Big Bug Magnifying Jar and Mini Butterfly Bungalow from Insect Lore.

Five Garden essentials for tiny tots

- Mini wheelbarrow, garden clothing, child-sized garden tools, wellies and watering can by Little Pals - for little groovy gardeners.



Busy hands & happy feet



Children's gardening is largely about youngsters having fun and getting messy but there is a more serious side to it when you consider that their generation will play a crucial role in what happens to the environment.

Teaching children to think about and care for the natural world and introducing them to the joy of gardening is all closely linked. Simple garden projects can trigger a lifelong love of the outdoors. With gardening proven to make people's lives healthier, encouraging children to 'get involved' at an early age is a great way of setting them on the right path.

At its simplest, children's gardening can be a 'pots for tots' session in which pre-schoolers are shown how to grow beans, cress or strawberries in a container on a window ledge. This can be followed up with youngsters being given their own small patch of garden and shown how to raise flowers and edible crops.

The extra fun part in all of this is allowing them to get as muddy as they wish, play with child-size tools such as watering cans and wheelbarrows, and investigate the insects and creatures found outdoors. Let them loose on the compost heap for worm collecting and bug studies.

FabFives:
 Five Quick-growing crops for small gardeners

- Cress
- Beansprouts
- Radishes
- Peas
- Strawberries



Making the garden, or even a patio, an area for fun and investigation is crucial. Add some bird feeders, a butterfly or bumble bee house and consider a small, shallow (and safe) water feature to attract extra wildlife.

Youngsters can quickly become a real help outdoors and, by school age, are more than capable of choosing and growing a whole range of easy crops. They can also enjoy specific projects, such as creating a hedgehog habitat or a bog garden – particularly as over-watering is a common hazard among over-enthusiastic young gardeners!

Teaching children how to grow and prepare food is probably one of the most valuable aspects of gardening. Many youngsters have no idea where their food comes from or how it ends up on their plates. Added to that, some have a narrow range of favourite fruit and veg. Help them to raise their own soft fruit and delicious vegetables and their curiosity often leads to them also showing an interest in helping in the kitchen too.

FabFives:
 Five Colourful flowering plants

- Pansies
- Sunflowers
- Snapdragons
- Sweetpeas
- Dianthus

