

VEGIE GARDENING

Gardening is a healthy family activity where children can learn new skills, have fun, and develop confidence. Watching fruits and vegetables grow can help your child learn more about these foods and want to try them. It is also a great way to spend time with your child outdoors and be physically active.



Don't have space for a garden?

- Make use of local community gardens. [Click here to find a garden in your area](#) or try your local council website.
- Create an indoor garden using pots/containers. Many foods can be grown indoors and with limited space.

Tips for starting a vegetable garden



Work out what space you have. Consider using different shapes and sizes of pots, building a raised bed or even a vertical garden.



Find a sunny spot and try growing strawberries, cherry tomatoes or peas. [Click here for more growing information.](#)



Be aware of pests e.g, insects that eat the vegies you have grown. Your local garden store can advise how to take care of pests safely.



How can my child help in the garden?

- Digging holes
- Planting seeds
- Watering the garden
- Picking the vegetables and fruits when ready to eat
- Preparing and eating the food once picked



How do I keep my child safe in the garden?

- Keep sprays, fertilisers, potting mix, and equipment out of reach
- Use gloves and wash hands thoroughly
- Wear a hat and regularly apply sunscreen
- Take regular breaks if the weather is hot - drink lots of water
- Select suitable tools for your child to use
- Do not leave buckets of water unattended around young children



What will my child learn?

Along with helping your child to eat more fruits and vegetables, gardening can also help your child learn about:

- Counting
- Colours
- Shapes
- Weather
- Animals/insects
- Textures and smells



If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) | [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.