



Tips for Indoor Gardening With Kids

Gardening can be a fun and educational project for kids of all ages. It provides them the opportunity to learn about how plants grow as well as healthy eating and nutrition. It also helps them develop responsibility and other life skills.

Explore a few suggestions for growing an indoor garden with your child.

- 1 Use a chart to help keep your child on track. Include what the plants need and how often plus what your child should look for when tending to them.
- 2 Have your child create a journal about the experience. To make it more fun, your child can take photos or draw pictures of the plants as they grow.
- 3 When the plants are ready to harvest, work together so that your child experiences the reward for the efforts.
- 4 Involve your child in finding or choosing delicious, healthy recipes to make with the vegetables and herbs grown.
- 5 Work together to prepare the produce for storage.

to create the environment. Every plant is different: some may require pruning, adjustments to watering and soil and various harvesting or replanting times. Keep a journal, binder or some type of tracking system to remind you when to care for them and how to do so, and to track your successes or failures for next time.

You might decide to use an indoor growing system that does most of the work

for you. Consider how much time and effort you and your family want to invest. If you decide to use a growing kit, you still want to check and track your plants' progress to be involved in or aware of the process and make sure everything is working correctly. Be sure to always follow all directions for appropriate use.

In terms of harvesting, some plants need to be completely picked and then

replanted. Other plants, especially herbs and leafy greens, can be harvested as you need while the plant grows and regrows where it was cut.

Finally, keep in mind your family can do everything right and still fail. It can be frustrating, but indoor gardening is a learning process. You can try new things next time for better results and a garden that contributes to a sustainable lifestyle. ■

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Lecture.

Speak.
Shout.



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