

Richmond Garden Club

Budding gardeners



Teaching kids to garden

...Where children can delight in nature and discover a passion for plants.

Our three granddaughters just left for family vacations after staying with us for 10 days - two 13 year olds and one 10 year old. This annual tradition has always included some time in a garden.

1

GIVE THEM ROOM TO GROW

Designate a portion of the garden-best to provide a raised bed.

2

INCLUDE LOTS OF COLOUR

Colour is a great way to attract kids to the garden.

3

ADD A FEW FUN PLANTS

Snapdragon, Panda Face Ginger Plant, Sunflowers



Farm Fest

Saturday, August 10, Garden City Lands, 10am-3pm



Dahlia Society

Annual show at VanDusen Gardens, Aug 31/Sep 1, 12-3:30pm



Paulik Park

Volunteer recognition event, September 12. Details to follow!

Our children and grandchildren have grown up encompassed in gardens and nature. Sometimes I feel disappointed that not even one of the three girls have shown much interest in planting and caring for a garden.

Our daughter and son both have embraced the gardening bug even though there was no interest in their younger years.

I can only hope!



Kids connected to nature and gardens are healthier

"Teaching children about the natural world should be treated as one of the most important event in their lives." ` Thomas Berry

Research has shown that children who are connected to nature and gardens are more focused, suffer less problems with ADHD and score better on tests. Green spaces also reduces stress and increases self esteem.

Studies have also shown that when girls are exposed to green spaces, they are better able to handle peer pressure, sexual pressure and other challenging situations as well as doing better in school.

Getting children out into the garden promotes creativity and imagination. It teaches responsibility and gets them moving.

So get outside with the wee ones in your life and notice the natural beauty around you!

Engaging kids in the garden:

Megan Zeni, Room to Grow, will be our guest speaker at our September meeting. She has a wonderful recipe for incorporating lavender into homemade play dough. She found the children not only enjoyed the lovely scent of the play dough but incorporating nature into play increased their creativity and imagination. The wee ones became chefs, artists and became even more connected to nature. For more information on how to make the lavender play dough visit Megan's website www.meganzeni.com.



“The only time I can relax is up a tree or somewhere outside.” Tom Felton

Growing up I loved to climb trees. I could be anything I wanted, from a forest fairy overlooking her kingdom to a fierce lion enjoying the view. Trees benefit the health and well being of all people, but have unique benefits for children.

In Scandinavia there are forest schools, where youngsters learn and play in nature. Climbing trees develops problem-solving and risk-management skills, boosts confidence and improves physical dexterity.

City of Richmond has increased the number of playgrounds promoting ‘free range’ play activity. The use of climbing structures made out of trees adds a level of risk and problem-solving for the kids.

Trees have a positive effect on the health of kids (and adults). Kids who live near trees have been found to be more physically active and have lower rates of obesity. Also, urban trees have been shown to limit asthma attacks in children! Trees also benefit the mental health and well being of kids and adults, with trees having been found to limit stress and promote relaxation.

We are proud to say that Paulik Park has a great forest and even a tree or two to climb!!! Bring your children, your grandchildren and a picnic. Put down your picnic blanket under the shade of a fine old tree and watch the wee ones get some well-deserved natural medicine.

See you all in September!



**BEAUTIFUL TREES
MAKE A HOUSE
A HOME.**

We're Bartlett Tree Experts, a 100+ year old tree and shrub company with global reach and local roots. Our services include:

- Tree & Shrub Pruning
- Cabling & Bracing
- Fertilization & Soil Care
- Insect & Disease Management

Call **877.BARTLETT** (877.227.8538) or visit **BARTLETT.COM**  

