

Growing Well Being

27th October 2015

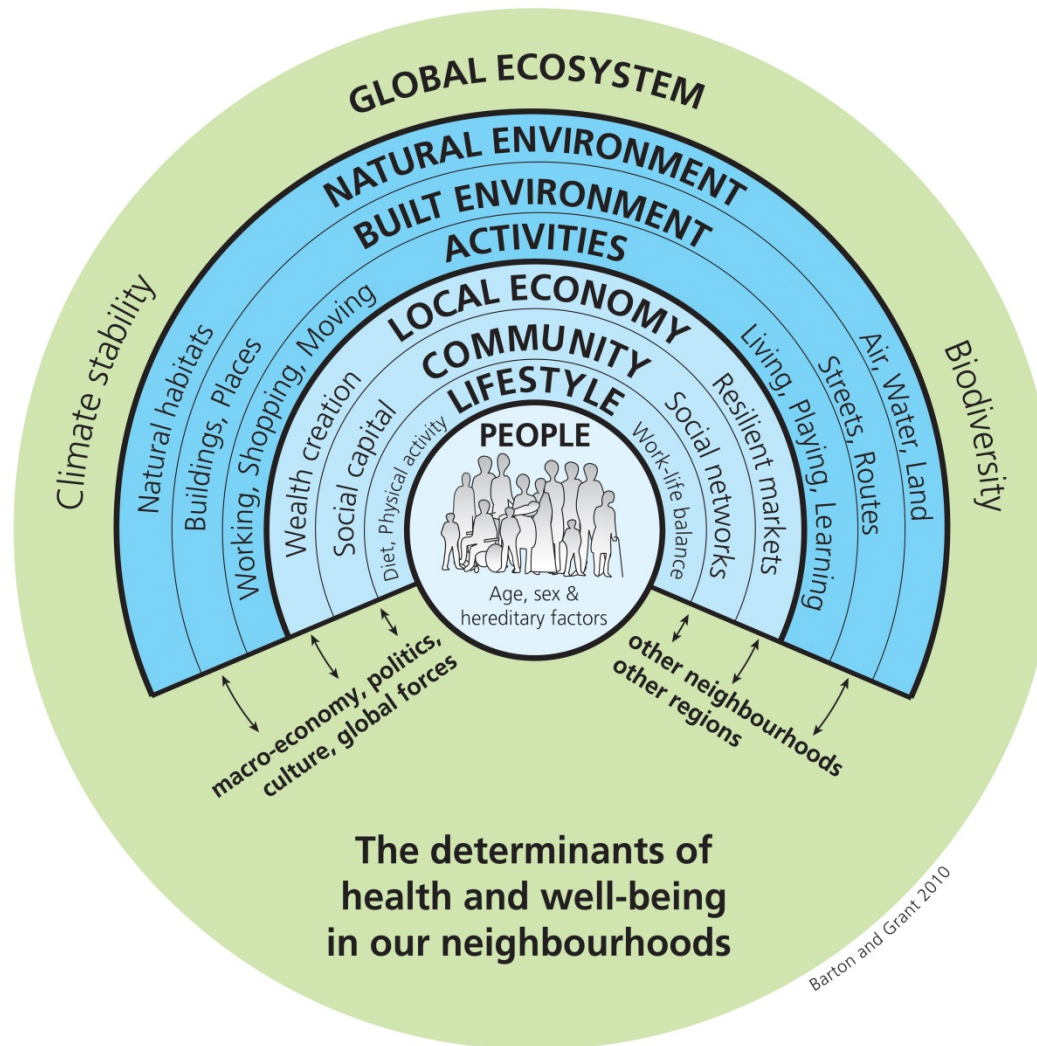
The impact of
horticulture
on the health
and well being
of children



Research evidence

- It is widely recognised that gardening and food growing has a positive impact on people's health and wellbeing and there is a growing body of evidence to support this. Regular contact with plants and the natural environment can improve mental wellbeing and combined with the activity of growing food it can help improve physical health for wide range of abilities and ages

Schmutz U., et al (2014). The benefits of gardening and food growing for health and wellbeing. Garden Organic and Sustain. [online] www.growinghealth.info



Source: Barton, H. and Grant, M. (2006) A health map for the local human habitat. The Journal for the Royal Society for the Promotion of Health, 126 (6). pp. 252-253. ISSN 1466-4240 developed from the model by Dahlgren and Whitehead, 1991.

Earliest Days

- Keep it simple.
- Give children their own garden space. (This does not have to be big. You can start with a large container or a few pots.)
- Use lightweight, easy-to-handle, correct-sized tools and garden equipment.
- Encourage children to dig in the dirt. (Younger children love making mud pies)



children will have lots of fun and gain special benefits

- Reasoning and discovery – learning about the science of plants, animals, weather, the environment, nutrition and simple construction
- Physical activity – doing something fun and productive
- Cooperation – including shared play activity and teamwork
- Creativity – finding new and exciting ways to grow food
- Nutrition – learning about where fresh food comes from.



- Responsibility – from caring for plants
- Understanding – as they learn about cause and effect (for example, plants die without water, weeds compete with plants)
- Self-confidence – from achieving their goals
- Healthy eating - enjoying the food they have grown
- Love of nature – a chance to learn about the outdoor environment in a safe and pleasant place



Developing senses

Taste

Touch

Smell

Sound



Thank You

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