

GARDENING

LITTLE HANDS, BIG DISCOVERIES!

Dig, plant, water and watch things grow!
Gardening is a wonderful way for toddlers to connect with nature, learn new skills and build a love for the outdoors.



RECOMMENDED AGE
1-5 years



TIME
20-40 minutes



MESS LEVEL
★★★★☆
Medium mess (easy to manage!)



SKILLS DEVELOPED

- ✓ Fine motor skills
- ✓ Responsibility
- ✓ Observation & patience
- ✓ Hand-eye coordination
- ✓ Sensory exploration
- ✓ Connection with nature
- ✓ Confidence & independence



WHAT YOU'LL NEED

- Small plants, seeds or herbs (kid-friendly)
- Child-safe gardening tools (shovel, trowel, watering can)
- Potting soil
- Pots or containers with drainage holes
- Watering can
- Apron or old clothes
- Gloves (optional)
- Newspaper or a mat to protect your surface

PLANTS TO TRY

- Sunflowers
- Marigolds
- Strawberries
- Basil
- Lettuce
- Nasturtiums



HOW TO SET UP

- 1 Cover your area with newspaper or a mat.
- 2 Fill pots with soil.
- 3 Let your child choose a plant or seeds to grow.
- 4 Plant together – show them how to dig a hole, place the plant or seed and cover with soil.
- 5 Water gently.
- 6 Place in a sunny spot and watch it grow!

Don't forget to give your plants love every day! ♥



PLAY IDEAS



Explore the leaves, textures and colours.



Water your plants and watch them grow!



Make plant markers with craft sticks.



Learn about bees and other helpful bugs.



Use leaves and flowers for printing art.



Harvest and enjoy together (like strawberries or herbs).



CHAOS TIP

Let your toddler take the lead and get their hands dirty. The mess is part of the learning! ♥



SAFETY FIRST

- ✓ Use child-safe tools and plants.
- ✓ Supervise children at all times.
- ✓ Wash hands after gardening.
- ✓ Keep tools and soil away from eyes and mouths.



LEARNING THROUGH PLAY

While gardening, your toddler is learning:

- ✓ Life cycles
- ✓ Cause and effect
- ✓ Problem solving
- ✓ Patience
- ✓ Responsibility
- ✓ Fine motor skills



SHARE YOUR GARDEN

We'd love to see your little gardener at work!

Tag @ToddlerChaosCo on Facebook or Instagram.

#ToddlerChaosCo ♥



Plant today, grow tomorrow! ♥