

## Parent Resource

### Gardening With Kids: How It Affects Your Child's Brain, Body and Soul

*“Gardening doesn’t require a perfectly level, large or sunny backyard. Try planting in a small raised bed or growing a few edibles in existing landscaping. If you don’t have a lot of outdoor space, a few containers and soil in a sunny spot can be an easy way to grow herbs or some sweet cherry tomatoes that kids won’t be able to resist. The much bigger return is how planting a garden can affect not only your child’s body but also their brain and soul.”*

**Click source link for more tips!**



[Source: PBS for Parents](#)