

Let's... Grow things together



It's fun to
pick what we
have grown

It's exciting
watching things
grow

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Let's try...

- planting things on a sunny window sill in small pots
- planting herbs like chives, dill and mint and smelling and cooking with them
- growing cress, lettuce leaves or beans and eating them

Why try this?

- children remember the fun experience they have with you and this helps build strong relationships and happy memories
- talking, singing and making up stories helps develop your child's imagination and language
- routine and being consistent helps your child to feel secure and stay safe
- spending time outside is important for your child's health and well-being



**Bournemouth SureStart
Children's Centres**

