



# BABIES & TODDLERS

From birth to pre-school



## Newsletter #7

What lovely weather we're having – just right for being outside!

It's **National Children's Gardening Week**, starting on Saturday 23<sup>rd</sup> May – check their website for suggested activities and information, but here are a few ideas to get you started.

### GROWING THINGS

**Now that garden centres have re-opened you should be able to buy seeds (if they haven't sold out!)**

**1)** Sunflowers are great fun for children to grow. Plant 1 seed per pot. Keep indoors on a sunny windowsill & water regularly. Plant outside by the end of June. As they grow, children can measure themselves against the plant "up to my knees", "up to my tummy", etc.

This activity could be used for learning the concept of "one" – 1 seed, 1 pot. Use Wendy's drawing of 1 flower (attached to this newsletter) for colouring, painting or collage.

**2)** Cress seed gets results quickly. Use a shallow container (e.g. empty soft cheese tub), let your child spoon in a thin layer of fine compost, water, and sprinkle some seeds on the surface. Place on a sunny windowsill & keep moist. Within about 5 days you should have a 'crop' to cut for use in salads or for egg & cress sandwiches.

**3)** Make a Happy Face egg (an activity for older children). Hard boil an egg, place in cold water & allow to cool. When cold, (adult) cut off the top of the egg and carefully scoop out the contents. The egg shell will be very fragile. Carefully draw a face on the egg (felt tips work well) or use stickers, if available. Place in an egg cup and help your child to fill with damp cotton wool. Sprinkle a few cress seeds on the top. Place on

a sunny windowsill, keep the cotton wool moist and wait for the 'hair' to grow!

**4)** Grow a carrot 'tree'! (Adult) Cut off the top of a carrot or parsnip – try to use ones that have a few green shoots visible as they will sprout more quickly. Place on a saucer, add a little water and place saucer on a sunny windowsill (that windowsill is going to get crowded!). Water each day and you should have some shoots growing within about 5 days. Keep watered and grow a mini-tree!

Why not take photos of any crafts or cooking that you do and upload to our Facebook page? We'd love to see what you've made!

## NATURE

**1)** Construct a 'bug' house for insects. Gather small logs, sticks, dried leaves, etc. and make a pile in the corner of the garden. Wait for the bugs to move in.

**2)** On your walk, collect pine cones, leaves, pieces of bark, twigs, flowers, pebbles, etc. At home, use an old plate or a strong paper plate. Make a ball of playdough (see recipe in Week 5 newsletter) and flatten to cover the plate. Then press in the twigs, cones, flowers, etc. and arranging them to make a lovely 'nature garden' on a plate.

**3)** Make mud pies and get messy!!

**Don't forget to check out the website for more stories from Revd Steve!**

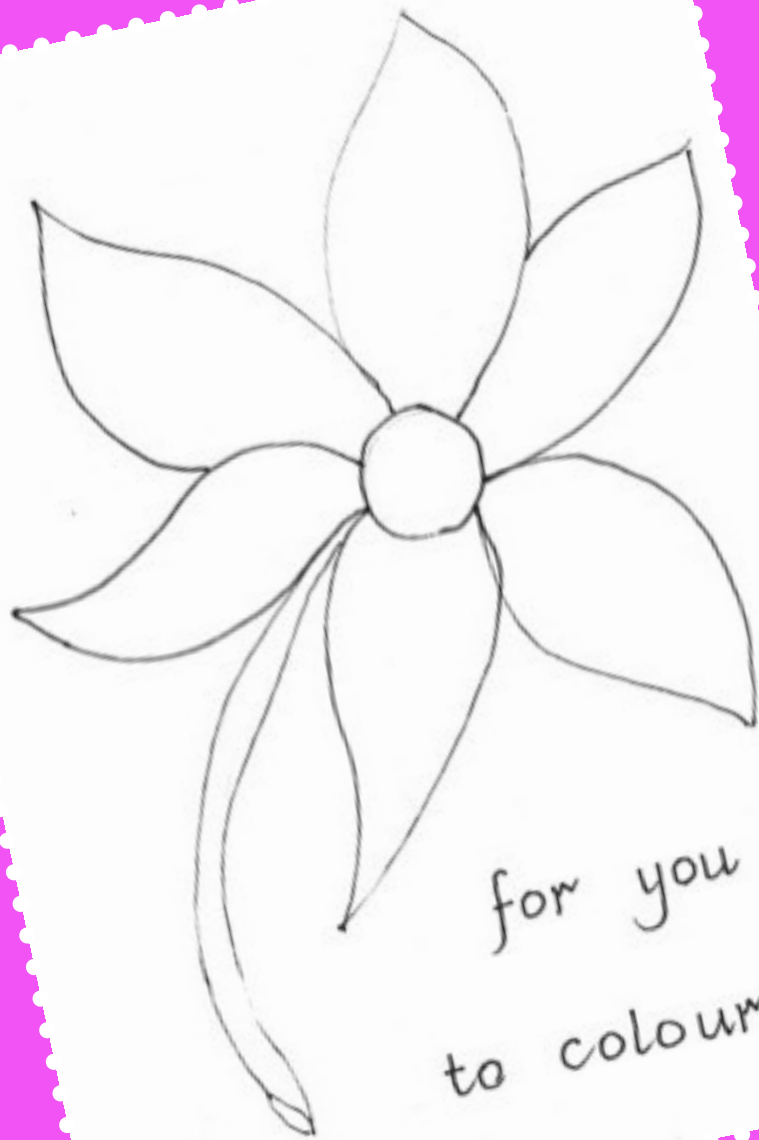


**HAVE FUN!**

Best wishes from Sara and Wendy

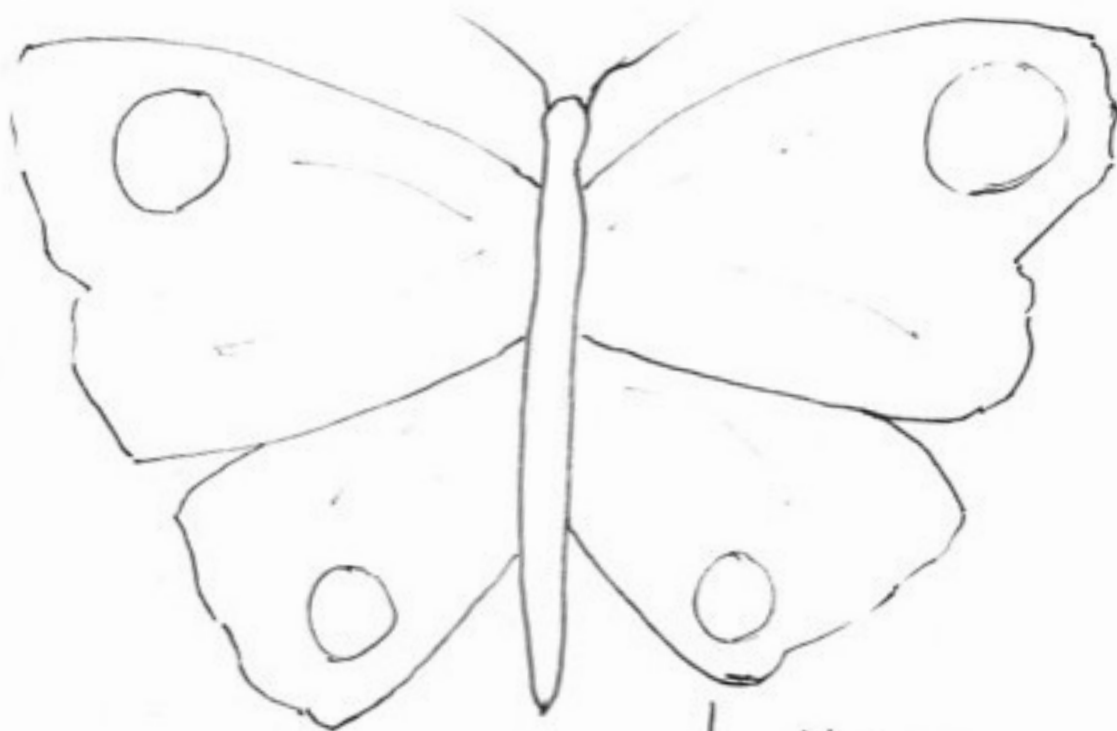
**Wendy has sent a lovely flower picture for you to colour**

Contact Sara on 01386 710776 for more information



for you  
to colour

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of any crafts or cooking  
that you do and upload  
to our Facebook page?  
We'd love to see what  
you've made!



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