

Grow your own sunflower

Children are natural gardeners. They love to watch things grow and play with dirt!



Getting your child to work in a garden helps their development in so many ways. They will learn how to care for something over time and experience the pleasure of seeing a plant grow from a seed. It will teach them about the cycle of life and increase their knowledge of the world around them.

A great way to introduce your child to gardening is to **grow a sunflower**. Plant just one or two as they can take up a lot of room! Sunflowers grow very quickly so this is perfect for young children who will be eager to see the flower's progress.

Sunflowers should sprout within a week, will become a small seedling in 2 weeks and should be 2 inches tall in a month. In about 8 weeks, the buds will flower revealing hundreds of seed kernels.

Once your flower begins growing, it is a good idea to use a tape measure to chart its progress. Your child may also like to draw or paint a picture of the **growing sunflower**.

Your child will probably naturally ask lots of questions about the sunflower. Try to talk to them about how it grows, why it needs to be watered every day, why it needs sunlight etc...



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