

Benefits of Gardening

1. Personal Affirmation

Gardening can often foster feelings of growth and achievement. Watching a seed that a child planted themselves, successfully blossoming over time, can help a child feel accomplished. This can boost self-esteem, patience, and confidence. All of these can help strengthen a child's perception of themselves, which can positively affect their mood. They will be more aware of their self worth, value, importance, ability, and much more.

2. Responsibility

Having a garden requires both accountability and a sense of ownership. Therefore, if children with behavioral issues maintain a garden, these aspects will be boosted. Taking care of the specific plant or area of the garden such as watering, making sure the plants are exposed to sunlight, etc, can help emphasize that the child is important. This responsibility is a great way to remind them that they can achieve great things through patience and nurture.

3. Social Interaction

Having a garden allows children with behavioral issues to bond with other children that may share a common interest/hobby, and/or spend time with family members, as they can share tasks of watering, digging, pulling out weeds, etc. This bonding is crucial as it can speed up emotional development, as well as allow them to interact and cooperate with others, and be more comfortable with doing so.



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