

# Gardening for Kids With Disabilities

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Agricultural Engineering Extension: Karen Funkenbusch, MA, and Willard Downs, Ph.D.

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Gardening can be an excellent activity for children with disabilities. Caring for their own section of the garden can give children a great feeling of accomplishment as they watch their plants grow and change.

The benefits of gardening for children include:

- Improvement in fine and gross motor skills
- Improved social skills
- Enhanced self-esteem
- Enhanced sensory perception and creativity

Gardening can be made easy and fun for children of all abilities by keeping mind a few things:

- Have drinks and snacks available
- Provide small or child-sized tools for better grip
- Use larger seeds for easier handling; place smaller seeds into a spice jar and sprinkle for easier planting
- Allow for frequent rest breaks
- Plant plants that grow quickly and easily
- Modify the garden using raised beds, containers or trellis to make gardening easier for a child with special needs

For additional information contact your local Outreach and Extension Service or the University of Missouri-Columbia, 1.800.995.8503.

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This material is based upon work supported by the Cooperative State Research, Education, and Extension Service (CSREES), U. S. Department of Agriculture under special project number 2001-41590-01143 and the U.S. Department of Education's National Institute on Disability and Rehabilitation Research under special project number H133B980022.

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