

Safety Tips for Gardening with Children

Keep all fertilizers, pesticides and garden chemicals in their original containers and stored out of reach of children. If a chemical is swallowed or splashed in the eyes or on the skin, contact **Oregon Poison Control** at **1-800-222-1222**. To find a list of plants that may be toxic to young children, please visit www.oregonpoison.org.

Make sure you and your child have a **current tetanus vaccination**. Clean-up any animal messes in your garden as they can be unsafe for children digging in the soil. Always wash your hands when you finish working in the garden.

Always wear shoes when working in the garden. Honey bees and other insects can be found close to the ground and may sting the feet.



Choose plants that stimulate the senses. Consider lamb's ear for its soft touch and lavender for its scent. Growing vegetables and fruits may help children to try new foods. For questions about your garden or what grows best in your area find your local extension **OSU Master Gardener** at extension.oregonstate.edu/

Always supervise children when there is a water feature in a garden or pool, pond or creek. Do not use open buckets to water plants instead choose a watering can. Children can drown in as little as one inch of water and open buckets are unsafe for small children.



Keep all sharp and power driven tools away from children. When power tools are in use make sure family members wear goggles to prevent debris from entering their eyes. Small shovels, brooms and rakes make gardening more fun for young helpers.

For family members with special needs, consider raising garden beds: 2 – 3 feet high and maximum 4 feet wide. Benches in a garden give family members a place to rest and enjoy the beauty of their work.

Encourage children to drink fluids when gardening and be sure to use sunscreen (minimum SPF 15) when working outside.