

*Regaining Paradise
in the Early Years*

Location : My garden & outdoor setting

I have been childminding from my own home for 18 years. It has changed so much over the years and has started to gradually become sustainable in one half of the garden.

Unfortunately, the artificial grass and upper part of the garden is not fully sustainable but has been sourced with sustainability in mind.



Flowers to attract pollinators...

A few of our beautiful flowers that have been planted by the children.

They attract pollinators with their:

- Bright Colours
- Nectar
- Sweet or musky Fragrance
- Shape and design of the flower
- Patterns and UV markings





Just an Apple Tree??

Supports nature -
Encourages the birds, bees
& bugs.

Will continue to grow and
produce more and more
apples.



Cleans our air by
removing carbon
dioxide and giving
off oxygen.

Growing our
own produce.

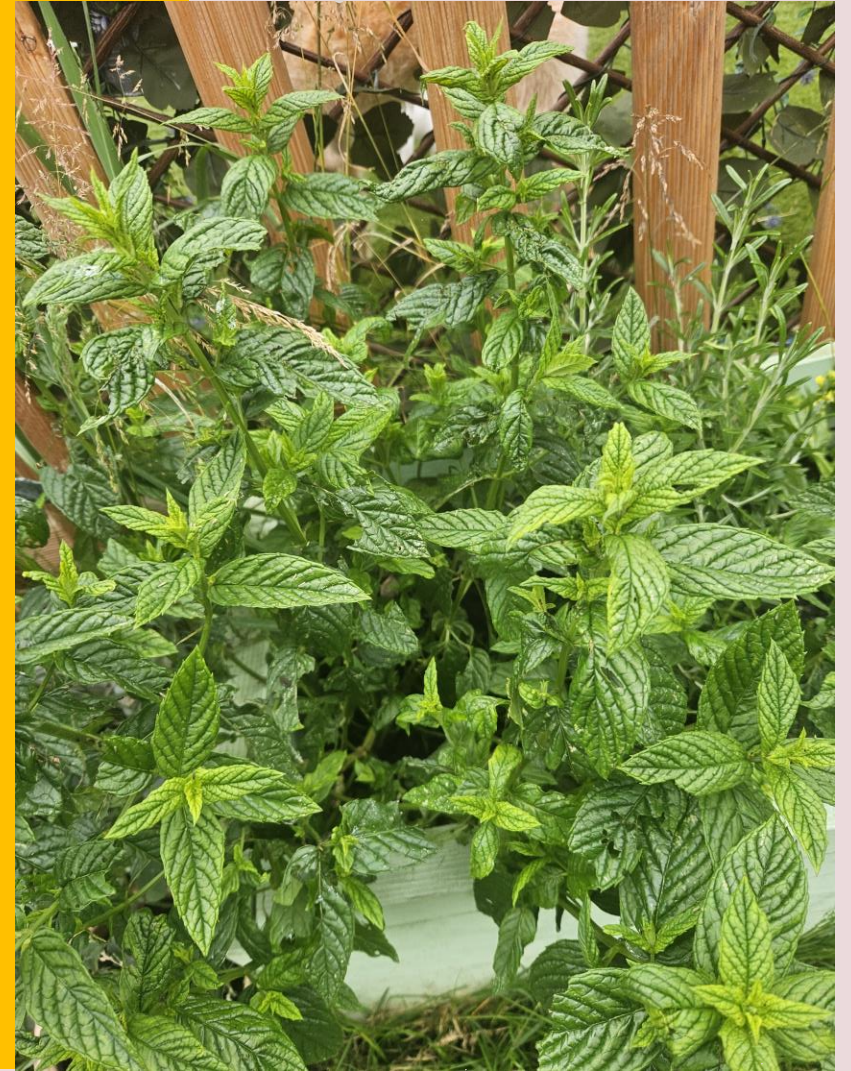
Less wastage, no
packaging.

Benefits of Herbs

Herbs have so many benefits to us and the world around us, especially when home grown.

They save us money when grown ourselves, taste so much better, they also have fantastic health benefits!

We are currently growing....mint, basil, chamomile, sage, rosemary and the garden smells divine. Even the bees and butterflies love to come and visit.



Mint...

A simple herb but look at all these benefits -

- Eases bloating and supports healthy digestion
- Just smelling it can stop nausea!
- Keeps your breath fresh and fights germs
- It is menthol and helps allow you to breathe easier
- Helps you become alert and boosts focus
- Full of vitamins and antioxidants

So many ways to consume it -

- Add fresh leaves to salads
- Drink it as herbal tea
- Add as an ingredient when cooking
- Infuse water
- Use it in butter
- Pop it in the bath
- Even use it to fragrance a room!!



Sage

What an amazing herb....here are the benefits -

- Helps ease symptoms of menopause
- Fights inflammation
- Supports memory
- Can be used to cleanse the home or an area
- You can use sage in many forms much like mint -
- Teas
- Cooking
- Sprays and oils
- Burning around the home

These are just a few of the herbs we have growing in the garden!

Fruits



Tomatoes



Gooseberries



Strawberries



Alfie the Tortoise

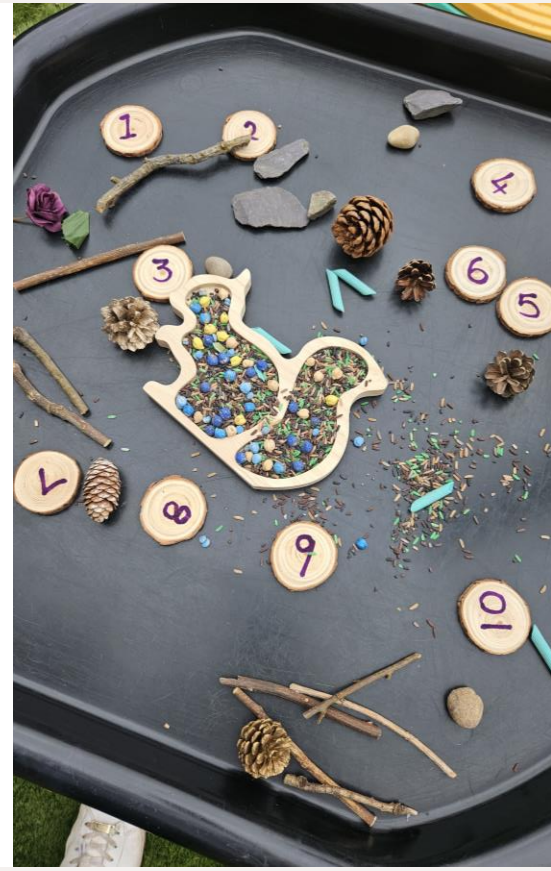
Alfie is a funny character, but he isn't just a pet, he is helping play a part in keeping the garden sustainable.

Did you know tortoise poo contains seeds that the tortoise leave behind when they are moving around the outdoors..... Spreading floral magic wherever they go!

Squirrels

This is Chip our resident squirrel. He comes to visit a few times throughout the day! They have been visiting the garden for the last 7 years. They even bring their young back with them on occasions.

The activity to the side is all created with natural items allowing children to explore the world around them whilst educating the children on squirrels.





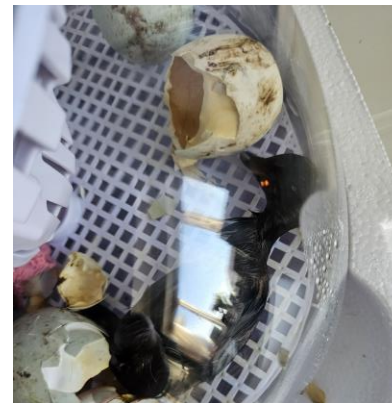
Life Cycle of a duck.....

We incubated duck eggs to see if we could hatch some ducklings. After 28 days in the incubator 2 beautiful little ducklings hatched out of the eggs. The children loved watching them grow and have learnt how to care for them and keep them alive and entertained.

Simon and Oggy now live outside in the garden together. The children feed them daily and top up their pond.

The ducks water gets used to water the plants as it is full of nutrients that encourage healthy growth in the plant world.

In a few months time we will hopefully have eggs from them that we will be able to eat..... adding to our sustainable world!



Quail grow super fast!

They start to lay eggs
from 6 weeks old!

There poo makes
great fertiliser!



*Not forgetting
the quails...*



They love to eat bugs and
weeds!

Quails are low
maintenance and
take up little space

They produce beautifully
rich eggs full of goodness!

Bird feeder activity

We then rolled the toilet roll tube in the bowl of seeds, they stuck to the peanut butter. The seed we used are for all birds and are full of nutrients and protein as well as essential vitamins to support the birds growth.



We coated the toilet roll in peanut butter which is a great source of energy and protein for birds



Finally, we threaded paper thread through the tube and tied a not ready to hang it on the fencing for the birds to come and get it.

Natural tuff tray activity

The children love to play with natural items. Giving children hands on experiences allows them to connect with nature and understand the world around them.

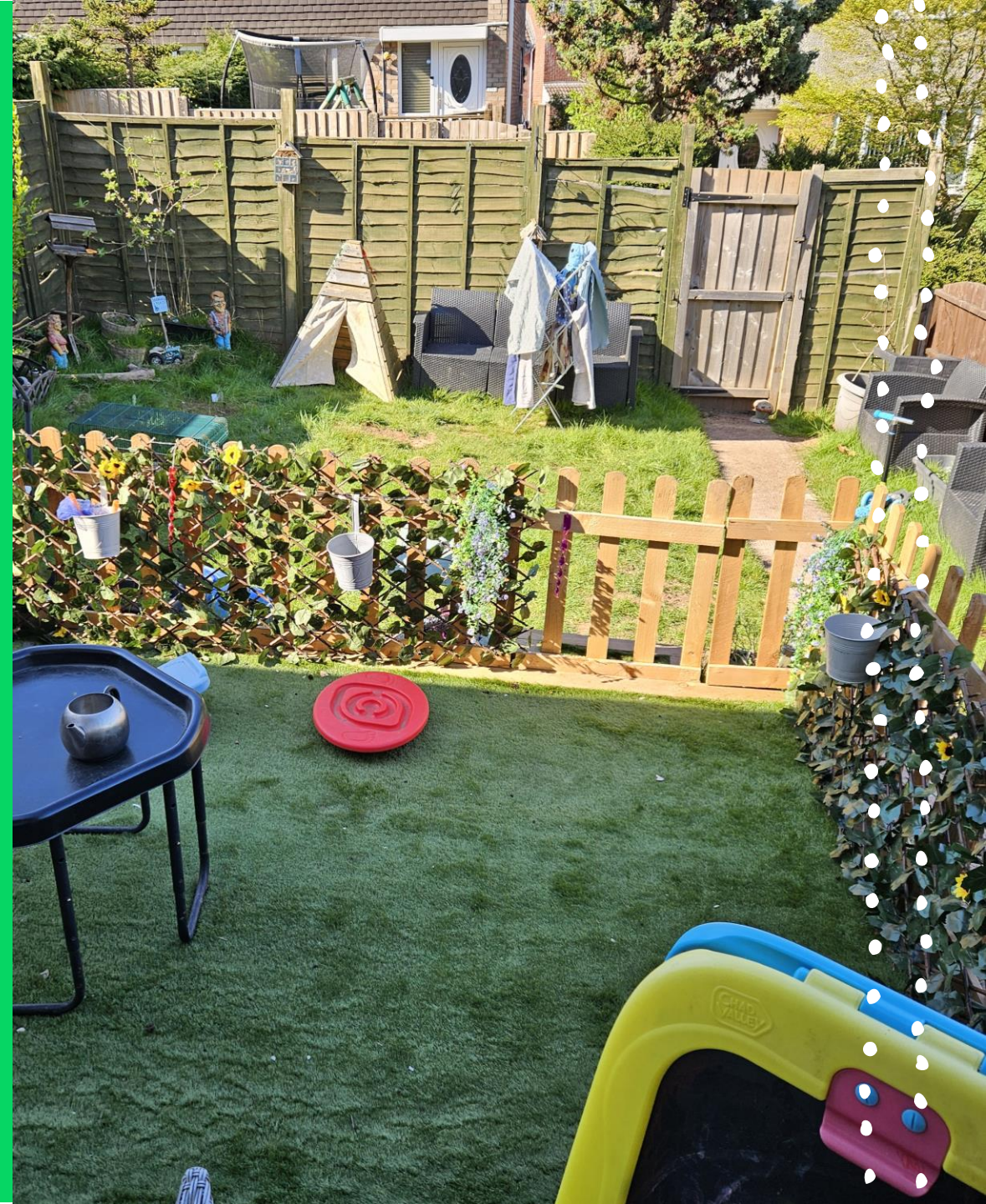
It also allows children to understand the concept of recycling, rather than throwing away items that they can reuse for play and many other uses.

Children's imaginations are able to free roam when they have loose parts to play with and their knowledge and understanding grows freely.

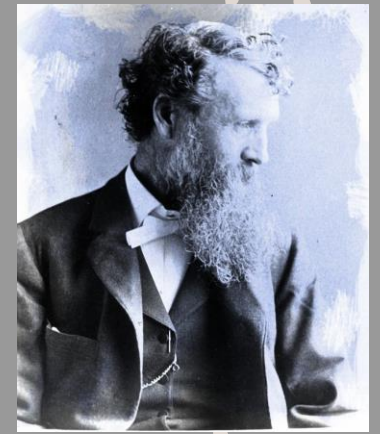


Sustainability in the outdoors...

...take care of our world one step at
a time and those that come after us
will get to enjoy what we do!



John Muir 1838-1914



The Photo by PhotoAuthor is licensed under CC BY SA

John Muir was a conservationist and naturalist. His aim was to educate people on caring for the natural world around us. Protecting it for the greater good and ensuring the wildlife and all living things were cared for. Protecting all natural areas was paramount for Muir.

He has often been referred to as 'Father of the National Parks' in America. He protected so many sites and national parks and encouraged others to do the same.

He wrote numerous books which allowed his love of nature to shine through and provoked thought in readers minds the same as his own.

Muir's legacy lives on today having paved the way for environmental changes across the world, ensuring that the natural world we live in is protected and supported.