

RECOGNIZING POISONOUS PLANTS

The days are getting longer. Birds are chirping. The grass is turning green and the first plants are growing. Spring is coming! For children, this time of year is especially exciting. Everything becomes colorful and lively. There is so much to discover! But alongside the beautiful flowers, dangerous plants are also growing.

In this newsletter, we show you and your family how to protect your children from poisonous plants.

10 minutes reading time | [#BloomingSeason](#) [#SpringWithChildren](#)
[#PoisonousPlants](#) [#ExperienceNatureMindfully](#)



Dear parents,

especially in spring, children discover new plants. Many plants are colorful and smell pleasant. But some plants are poisonous. Children like to explore and try things out.

This can be dangerous when it comes to poisonous plants. So tell your child that poisonous plants exist. And explain how to recognize them. Children should not be afraid of nature. But it is important that they are informed. In recent years, only a few children have been poisoned by plants. Poisonous plants often taste bitter. That is why children usually eat only small amounts. Still, children must be careful.

The following plants are poisonous:

- Laburnum
- European spindle
- Holly
- Daphne mezereum

Sometimes children only touch poisonous plants. Then they may put their hand in their mouth. This can also lead to poisoning.

Possible symptoms include:

- Stomach and intestinal problems
- Skin reactions
- Neurological reactions

For example, if the child experiences paralysis

Or speaks unusually

If your child has these symptoms, see a doctor immediately.



GENERAL TIPS

Discover together –

Explore nature together.

Go for a walk with your child.

For example, in the garden, park, or forest.

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Set rules –

Establish clear rules.

Children must not put plants in their mouths.

Or touch them.

Unless it is explicitly allowed.

*

Talk about plants –

Talk with your child about the plants you see.

What is their shape, color, smell?

Repeat that plants must not be eaten or touched..

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Look at children's books about plants –

Look at plant-themed children's books together.



PRACTICAL TIP

Spring Nature Rally

In this game, children discover new plants while staying active. And they do so safely. For example, in the garden, on the balcony, at a safe playground, or in a park.

Preparation:

Prepare explorer cards. Each card contains a simple task. For example:

- Find a plant with red flowers.
- Find a plant that grows very tall.
- Find a plant with round leaves.
- Find a plant you have never seen before.
- Find a plant you can smell.

Please note: Do not touch and do not taste!

How it works:

- Go outdoors together.
- The children pick a card and look for a plant matching the description.
- Then they show what they have found.
- Explain that some plants may look beautiful but are poisonous. For example, some berries. The important rule is: Unknown plants should only be looked at together with an adult!
- Show your child pictures of poisonous plants: Laburnum, European spindle, Holly, Daphne mezereum
- Explain that these plants must not be touched.
- At the end, each child receives a sticker or stamp for their observations.
- If the children like, they can move like animals: For example, run like a rabbit or jump like a frog.



What are the benefits of the game?

Children learn to observe plants mindfully.

They stay curious while also being careful.

HEALTH TIP FOR PARENTS

Healthy children need healthy parents

As parents, you can also use spring mindfully for yourself.

Beautiful flowers are growing in the meadows:

- Snowdrop
- Daffodil
- Crocus

Enjoy spring:

- Observe the flowers: What do they look like? What do they smell like? This small exercise can be relaxing and reduce stress. And it improves your mood.
- Take care of your plants! This way, you can experience how they grow.
- Take a short walk in nature. Consciously notice the plants and flowers.

These simple things give you energy. They help you feel even better in spring!

HERE you will find more ideas for relaxation in spring.



More health tips for the whole family can be found on [our website](#).

Here is the QR code:



FURTHER INFORMATION

HERE you will find a list of non-toxic plants for your garden.

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Would you like to learn more about children's health?

Then follow us on **social media**.



Best regards,

Your RAKUNS Team!



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