

## Take a Break in the Dirt

### *Short Breaks and Self-Care*

#### **Who We Reach**

The Take a Break in the Dirt Program offers short breaks and self-care for families (caregivers) of children with special needs.

#### **What We Do**

- Create opportunities for children to participate in gardening.
- Provide opportunities for parents (caregivers) to take a break while their child digs in the dirt.
- Use universal gardening activities and adapt them to fit the needs of your child.
- Provide trained volunteers who can engage a child with special needs in gardening/nature related activities.

#### **How We Run Our Program**

- The gardening program is for children with physical, intellectual, and developmental disabilities.
- Programs are divided into two age groups that run on separate days.
  - Group 1: 5-12 years
  - Group 2: 13-17 years
- Transportation must be provided by family.
- Programs run for 6 weeks at a time (seasonally) and we take our classroom inside when weather is inclement.
- We recruit and train volunteers with the TakeFIVE Respite Care Worker Model.
- We recruit and train volunteers with the Hope Grows Therapeutic Horticulture Model.
- Safety is our priority—we screen volunteers and require background checks.
- A Hope Grows Garden Facilitator is present at all programs.

### *Planting Hope One Seed at a Time*



Our green thumb volunteers are like plants that have grown from seeds that were not deliberately sown in the ground.



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# Take a Break in the Dirt

## Seasonal Gardening Programs for Children with Disabilities



## Gardening in the DIRT with a Child becomes REST for a family!

**Parents! Attend to YOUR needs/wants by  
having your child participate in the  
gardening program called  
*Take a Break in the Dirt!***

During seasonal programming, children with disabilities are matched with trained volunteers who guide and support them. Seasonally, the program focuses on gardening and art activities around three (3) areas of growth: physical, cognitive, and social interactions. Each child will learn about garden tooling, watering, composition, plant propagation and garden grooming. The child will also create garden memories through journaling and stories with a different focus each week.

### **Core Values**

- We believe connecting with nature and the natural world is therapeutic.
- We believe caregivers not only need a break from the care they provide, but deserve a break.
- We believe in a positive, holistic, mind, body, and spirit approach in working with individuals.
- We believe in mindfulness as a therapeutic approach to wellness.

## ***Seasonal Breaks of Respite***

Each season, Hope Grows provides educational programming for families (caregivers) of children with special needs. For 2-3 hours each week, we will make sure your child is safe, cared for, and engaging in gardening/nature during the 6-week program.

Respite is planned seasonally.  
Check [www.hopecrows.net](http://www.hopecrows.net) for more  
information about the next  
Take a Break in the Dirt Program.

*Hope Grows, a non-profit providing support for caregivers, understands the needs of the parent (caregiver). This program provides parents (caregivers) the opportunity to extend their day a little longer. Research shows that there are benefits for parents of children with physical, intellectual, and developmental disabilities from taking short breaks and time for self-care.*

