

Gardening with children is important to build life skills, inspire creativity, grow and harvest food, role model safe practices and develop a respect for nature.

There are plants and weeds that are poisonous, can cause an allergic reaction or are hazardous because of their spikes. Children are at risk because they like to explore and may accidentally touch and taste potentially harmful plants that may be around the home.



## Prevention

Supervising your child is the best way to avoid danger in the garden or anywhere else, but this isn't always possible. This means it's very important to make your garden safe.

You can do this by avoiding growing poisonous plants and dangerous plants. Fence off or remove any suspect plants until your child is old enough to learn not to eat strange plants (usually at around the age of three years but children develop at different times).

- Fence off or remove dangerous plants, see our checklist below for a few common poisonous plants that might be around your home
- Before you purchase a plant, check that it is safe
- Teach children from a young age what they can and can't eat from the garden
- Supervise your children in the garden.

Keep the **Poisons Information Centre** number **13 11 26** near your phone or program it in to the speed dial. They can be called 24 hours, 7 days a week.

## First Aid

**Phone the Poison Information Centre on 13 11 26 – 24 hours, 7 days**

If you need to go to Hospital, take a photo or a piece of the plant with you if you can.  
If your child is having difficulty breathing, is unconscious or fitting, call an ambulance on 000.

# Plants to avoid

These plants are considered harmful to children and should be avoided if you have young children.

Picture	Name	Toxic Part	Potential Symptoms
Picture not available.	Asthma or Stick Weed ( <i>Parietaria Judaica</i> )  (Weed)	Flowers and stems cause allergic reaction	<ul style="list-style-type: none"> <li>• Asthma attacks</li> <li>• Skin allergies</li> </ul>
	Rhus ( <i>Toxicodendron Succedaneum</i> )  (Weed)	All parts of this plant are toxic	<ul style="list-style-type: none"> <li>• Allergic reaction</li> <li>• Severe irritation and blistering of skin</li> <li>• Intense swelling of the face that may spread to other parts</li> </ul>
	Yellow or Pink Oleander ( <i>Thevetia Peruviana</i> ) ( <i>Nerium Oleander</i> )	All parts of this plant are toxic	<ul style="list-style-type: none"> <li>• Affects the heart and pulse</li> <li>• Digestive upset</li> <li>• Mental confusion</li> <li>• Ingestion of one leaf or flower can be fatal to a child</li> </ul>
	Cactus and many succulents	Sharp edges	<ul style="list-style-type: none"> <li>• Cuts</li> <li>• Eye injuries</li> </ul>
	Chillies (Mainly <a href="#">Capsicum Annuum</a> and other species)	The fruit, especially seeds.	<ul style="list-style-type: none"> <li>• Unpleasant or painful to mouth and eyes.</li> <li>• Unlikely to be fatal but can cause damage and distress.</li> </ul>
	Dumb Cane ( <i>Dieffenbachia</i> sp.)	All parts	<ul style="list-style-type: none"> <li>• Intense burning and irritation of mouth and tongue.</li> <li>• Swelling and accumulation of fluid causes difficulty in swallowing.</li> </ul>
	Mushrooms and Toadstools (Fungi)	All parts	<ul style="list-style-type: none"> <li>• Hallucinations, confusion</li> <li>• Diarrhoea, vomiting</li> <li>• Circulatory failure, rapid heart rate</li> <li>• Liver failure, death</li> </ul>
	Angels Trumpet ( <i>Brugmansia</i> )	All parts of the plants are toxic.	<ul style="list-style-type: none"> <li>• Intense thirst, difficulty with speech and swallowing,</li> <li>• Vomiting and diarrhoea,</li> <li>• Fever, confusion, hallucinations,</li> <li>• Delirium, dilated pupils, seizures</li> <li>• Coma, death</li> </ul>

Picture	Name	Toxic Part	Symptoms
	Grevilleas (All types of species and cultivars of Grevillea)	Rarely dangerous unless they are being pruned or propagated by cutting.	<ul style="list-style-type: none"> <li>• Dermatitis – itching, redness and rashes (of the skin)</li> </ul>
	Poinsettia (Euphorbia Pulcherrima)	Sap, leaves, seeds, stalk	<ul style="list-style-type: none"> <li>• Severe nausea</li> <li>• Extreme irritation to skin and eyes from latex sap.</li> </ul>
	Rhubarb leaves (Rheum Rhabarbarum)	Leaves	<ul style="list-style-type: none"> <li>• Staggering,</li> <li>• Abdominal pain,</li> <li>• Vomiting, diarrhoea,</li> <li>• Impaired clotting of blood,</li> <li>• Coma.</li> </ul>
	White Cedar (Melia Azedarach)	All parts especially fruit.	<ul style="list-style-type: none"> <li>• Nausea,</li> <li>• Spasms,</li> <li>• Drowsiness,</li> <li>• Convulsions</li> <li>• Death.</li> </ul>
	Wisteria (All species and cultivars)	Seeds, pods	<ul style="list-style-type: none"> <li>• Gastric pain</li> <li>• Vomiting</li> </ul>
	Arum Lily (Zantedeschia Aethiopica)	All parts	<ul style="list-style-type: none"> <li>• Swelling of tongue and throat.</li> <li>• Acute gastric upset.</li> </ul>
	Daffodil and Bella Donna Lily (Plants in the Amaryllidaceae family)	Bulbs	<ul style="list-style-type: none"> <li>• Nausea,</li> <li>• Vomiting, diarrhoea,</li> <li>• Trembling, convulsions</li> </ul>
	Deadly Nightshade (Atropa Belladonna)  (Weed)	All parts, especially berries	<ul style="list-style-type: none"> <li>• Vomiting, diarrhoea,</li> <li>• Hysteria,</li> <li>• Hallucinations, delirium.</li> </ul>
	Coral Tree (Erythrina Crista-galli and other species)	Leaves, bark and seeds	<ul style="list-style-type: none"> <li>• Shortness of breath,</li> <li>• Weakness,</li> <li>• Light-headedness,</li> <li>• Cyanosis</li> </ul>

Picture	Name	Toxic Part	Symptoms
Picture not available.	Castor Oil Plant (Ricinus Communis)  (Weed)	Flowers, leaves and seeds	<ul style="list-style-type: none"> <li>• Nausea, cramps, vomiting, diarrhoea,</li> <li>• Cold clammy skin, thirst,</li> <li>• Rapid pulse,</li> <li>• Drowsiness, loss of consciousness, death</li> </ul>
	Daphne (Daphne Odora and Daphne Mezereum)	All parts, especially bark and berries	<ul style="list-style-type: none"> <li>• Burning sensation in mouth and stomach,</li> <li>• Vomiting, diarrhoea ,</li> <li>• Collapse.</li> </ul>
Picture not available.	Hemlock (Conium Maculatum)	All parts when ingested	<ul style="list-style-type: none"> <li>• Trembling,</li> <li>• Convulsions,</li> <li>• Loss of muscle power,</li> <li>• Respiratory distress</li> </ul>
	Lantana (Lantana Camara)  (Weed)	Green berries	<ul style="list-style-type: none"> <li>• Vomiting, diarrhoea,</li> <li>• Muscle weakness,</li> <li>• Respiratory distress</li> </ul>
	Foxglove (Digitalis Purpurea)	Flowers, seeds, stems, or leaves	<ul style="list-style-type: none"> <li>• Irregular or slow heartbeat,</li> <li>• Dizziness</li> <li>• Vomiting, diarrhoea,</li> </ul>
	Cycads	Yellow and red seeds	<ul style="list-style-type: none"> <li>• Vomiting, diarrhoea</li> <li>• Dizziness</li> <li>• Death</li> </ul>

This information sheet provides a brief overview on plant safety. For a more extensive plant list, check out Kidsafe NSW's Grow Me Safely online resource <http://www.kidsafensw.org/growmesafely/> or contact your local Botanical Gardens or Council.



This information is proudly brought to you by Kidsafe and V.I.P. Home Services  
For further information about poisons prevention visit:  
[www.kidsafesa.com.au/poisonsprevention](http://www.kidsafesa.com.au/poisonsprevention)



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