

# How can we help reduce flooding?

Lots of people are working hard to help reduce flooding. Here are some of the things they are doing. These types of flood prevention are called Natural Flood Management.

## Planting hedges and trees

**Hedges and trees** slow down rainwater before it reaches the river. Their roots help water soak into the ground, reducing the amount of fast-flowing water that can cause floods.



## Building leaky dams

**Leaky dams** are small wooden barriers placed in streams, often made of fallen trees and branches. They **slow the flow** of water, helping to reduce sudden surges of water downstream during heavy rain.



Photo by: Charlotte Holnicote, CC BY-SA 4.0, via Wikimedia Commons

## Planting buffer strips

**Buffer strips** are areas of grass or plants beside rivers and fields. They slow down rainwater, help it soak into the soil, and stop too much water rushing into the river at once.



Photo: Buffer strip by Simon Mortimer, CC BY-SA 2.0 , via Wikimedia Commons

## Creating wetlands

**Wetlands** act like natural sponges, holding onto water when rivers are high. They slowly release water over time, helping to reduce flooding further downstream.

