



Hello All

With the summer holidays fast approaching I thought you might find some of the following ideas about keeping the children entertained (see below.....)

Its also well worth checking out these websites

<https://www.familylives.org.uk/advice/your-family/holidays/how-to-entertain-your-children-in-the-holidays/>

<https://www.mykidstime.com/things-to-do/50-fun-rainy-day-activities-for-kids/>

- lots of useful ideas and links.

And don't forget to make sure you organise some time for yourself too - those of you who have attended our parenting workshop will know how important it is to look after yourself so that you can look after everyone else. Just ten minutes to sit quietly with a coffee or have an undisturbed bath can make a huge difference.



All the best, happy holidays.

Michele

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FAMILY SUPPORT

IDEAS FOR YOU AND YOUR CHILDREN.....

Acquire several supersoakers and water pistols from a pound shop and stand well back.

Install the biggest paddling pool you can reasonably fit in your garden. It'll get used rain or shine - and wear them out nicely.



Even the tiniest of gardens can support a den - whether it's a teepee made from garden canes or a blanket slung over the washing line.

Do some survival training (good ole Ray Mears): get them to pretend they're shipwrecked and give them a few random items with which to make a bivvy.

Get them doing some 'proper' gardening for you, such as clearing a bed of weeds or cleaning a patio. It will be taken on with pleasure by younger kids or can be a way of earning spending money for older ones.

'Challenge' them to wash the car.

Make mud pie towers – who can make the tallest? Who can make the biggest mud pie?

Give your children a paint brush and a bucket of water and get them to 'paint' the outside of your house.

Hand them some (craft) scissors and send them out into the garden to 'cut the grass'.

Outdoor activities sheets from The Wildlife Trusts

Take paper and wax crayons and let them enjoy bark rubbing – try lots of different textured surfaces – pavement, stones, etc.

Get a family pass for one of your local attractions (theme park/farm/bowling/whatever), so that you can head there for an hour or two whenever you want.

Dispatch child to a summer scheme for at least one week of the hols. And get your partner to take them camping and fishing for one night on his own (ha, ha, ha).

Book in a 'lazy day' each week where they have to pretty much entertain themselves and you can get things done. Introduce them all to some age-appropriate daily chores, such as sorting or pegging out the washing.

Have a friend over at least once a week for each child. Chances are he or she will get an 'away day' playdate out of it in return.

Draw a random scribble – see if they can turn it into a picture.



WET/COLD DAYS

When it's raining put on raincoats and wellies and do some puddle jumping.

Don't forget the museums – the one in Mildenhall is well worth a look, there are several in Cambridge and if you fancy a trip to London there's the Natural History Museum, Science Museum, the V&A, the War Museum.

Go to the library.

Contact Forest Heath Council and see what events the local museums and sports centres are holding for kids - there's often lots on for free.

Thrill them with a 'muddy walk'. Put on old clothes and waterproofs, jump in all the mud and get as dirty as possible. Hose down before entering the house if necessary.

Just go for a ride on a bus around town - smaller kids love it.

Make life-size portraits. Use either a large piece of card or lining paper (joined together, if necessary). Draw around your children and let them cut up old clothes and cloths to dress their portraits.

Make gloop. Get a pack of cornflour, mix it with water so it's gloopy but not runny and then add food colouring.

Spend a day making all those craft things that they get for birthdays but are currently languishing under the bed!

Organise a treasure hunt using clues to send the children from one place to another in order to find the treasure eg:the next clue is in a cold place (then put it in the fridge/freezer).

Empty a bag of rice or lentils into a plastic/cardboard box to make an indoor sandbox for trucks. Keeps small children occupied for ages.

Stick some blank paper on a wall somewhere and turn it into a 'graffiti wall'.

Make forts and castles with furniture and sheets.

Let them do their own face paint (then take photos for perusal at 18th birthday parties).

Pretend to be writers. Staple about six pieces of A4 paper together into a 'book' for them to write and illustrate.

Fill a bowl with soapy water, hand out straws and see who can blow the most bubbles.

Make and ice fairy cakes. Or just decorate plain biscuits with writing icing.

Make some bread dough, cookie dough or pastry and let them make models then bake them.

Good old potato printing ☺



Invent 'fun' games that involve using Mummy's big vacuum cleaner or dusters.

Decorate (cheap) terracotta plant pots - or paint and varnish stones you collected on a sunny day. (If you did them with a Christmas theme they would make lovely presents).

Use your camcorder to make a 'film' of a favourite book.

Have theme days. We did an Egyptian one, where we read some Horrible Histories stuff, did some hieroglyphic messages (code), made paper, cooked some vaguely themed recipe, and danced like idiots to Walk Like An Egyptian.

Get them to organise a play. Stock the dressing-up box with a load of silly hats and clothes from charity shops, the sparklier the better. If they are older, they can write the play themselves; little ones can act to you reading out a favourite book. Plan the next day's activities the night before. If you leave it to the last minute, it's not as likely to happen.



Have a picnic at the ready, so, if the sun does come out, you can go and have a picnic on the field and fly a kite.

Watch the weather forecasts. If a week of cool, rainy weather is forecast, phone round friends and arrange a few playdates. If there is a guest child or two in the house, rainy-day boredom is much less of an issue.

Useful to do painting/gluing/baking in the afternoons for an hour before tea, so you can dunk them in the bath straight after.

Don't over-schedule. Sometimes it's nice just to see where the day leads.

IF ALL ELSE FAILS - EAT CHOCOLATE!! 😊