

Family

Links

- Children's puppet show/play/concert/dressing up
- Making music with pots, pans, tins and jars (fill to different levels to change the sound)
- Nursery rhyme action songs
- Take a ball to the park
- Swimming (may be free for children in school holidays)
- Most museums and all libraries are free and often have activities for children. Your local children's centre may also have a toy library
- Cooking together – cake mixes are easy or try our Crackolates recipe, see below:

crackolates

Ingredients

- 1 table spoon butter or margarine
- 1 table spoon icing sugar
- 1 table spoon cocoa
- 1 tablespoon golden syrup.
- Cornflakes

Melt the margarine, golden syrup, icing sugar and cocoa together in a saucepan and stir them well. Mix in cornflakes till all are coated and there is no spare liquid. Put spoonfuls in paper cups and leave them to get cold.

Have fun and remember that your time is the best reward for your child – a few minutes of fun will help everyone feel (and behave) better.

