

## I'm SO bored - what can I do?!

The summer holidays can seem very long - both to the parents and the child - but there are lots of activities you can do with your kids, and not all of them have to cost money.

Even if your toddler group isn't meeting during the holidays, you can still **meet up for picnics** in the park, or perhaps arrange to have a day out together at a local farm park or activity centre. Put up a notice saying when and where you plan to meet, and see who joins you! Or make sure you get friends' **mobile phone numbers** before you break for the summer.

### Or you could:

- ★ Organise your own mini Olympics in the garden and invite friends.
- ★ Have a pyjama party with a DVD, popcorn and sleepover.



- ★ Create a water slide with a slide, a long piece of plastic sheeting and a garden hose.
- ★ Pack a paper 'suitcase' with pictures cut out of magazines with safety scissors.

- ★ Grow sunflowers; plant several and see who can grow the tallest!
- ★ Paint 'water pictures' with just water and a paintbrush on concrete paving slabs.

Visit [www.ideasforthekids.co.uk](http://www.ideasforthekids.co.uk) for more ideas about activities in your area.



### Say goodbye before you go!

Many children will be starting school or pre-school in September, and will shortly be coming to toddler group for the last time. Don't forget to tell the leaders of your group when you are leaving, as they may want the opportunity to say goodbye!

### Your Family Charity

Care for the Family has been supporting and encouraging families in the UK since 1988. Its family-building events have been attended by over 320,000 people and many more have been helped through special initiatives - including stepfamilies, bereaved parents and those parenting alone. Founded by best-selling author and speaker Rob Parsons, the charity is committed to strengthening family life and helping those who face family difficulties.

The information in this handout is supplied in good faith, but Care for the Family cannot accept responsibility for any advice or recommendations made by other organisations or websites.

### Family Ideas

E-family is Care for the Family's free monthly email newsletter with ideas and articles to strengthen you in your family life. Here's one suggestion for creating special summer memories from a recent edition:



### Go back in time

There are a number of TV documentaries about life in the early 20th century. Watch one as a family, and then try to live like that for a day. No TV. No internet. No phones. No electric lights. See if you can **borrow a camp stove** or barbecue instead of a modern oven, and cook a meal where you have to prepare all the ingredients. (You might want to make a concession about the indoor flushing toilet, though!)

Sign up for e-family at [www.careforthefamily.org.uk/e-family](http://www.careforthefamily.org.uk/e-family) or call (029) 2081 0800

**Check it out!**  
A brand new website just  
for dads: [www.dad.info](http://www.dad.info)

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Leon Avenue, Cardiff CF15 7RG  
Tel: (029) 2081 0800  
[www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

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