

Make every day count!

Did you know? There are 1,825 days before a child's fifth birthday. Treasure every one. Here are some ideas for things you can do this year to make those days special!

 However young they are – you just can't overestimate the importance of cuddling your child. Try to make a few minutes each day when you sit with each child on your lap and look at a book together.

 Keep singing the songs you learn at toddler group. Try changing the words to make them personal. 'Mummy and Ben go tickle, tickle, tickle' sounds great to the tune of 'Wheels on the bus'!

 For older toddlers – you can celebrate and remember good moments by putting reward stickers on a big family calendar. Your child will enjoy awarding stickers for good behaviour to the grown-ups too!

 Playing games together is great fun. "Snap" and "Pairs" are good games for little ones. It's never too soon to learn how to be a good loser 😞

 If you can, decide to have your evening meals sitting around the table, and switch off the TV. Even very young children will benefit from family time together, and start to learn good table manners.

If you have more than one child, try to spend some special time with each one



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

Top tips

 "Never miss an opportunity to read a story; the day is hurtling towards you when they'll say 'Not tonight, thanks'."

 "Tell your kids every day 'I love you'"

 Make time for your kids: "We are so busy giving our children what we didn't have that we don't have time to give them what we did have."

 "Praise does wonders for the sense of hearing. Catch them doing something right – today!"

These are some quotes from the 'Sixty Minute' books by Rob Parsons – practical help and advice that you can read in an hour.



Available from
www.careforthefamily.org.uk/shop

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