



Week 6

Weekly Activity Ideas for You and Your Children

It may seem like you are “just playing,” but focusing your attention on your child while playing, or making, or reading, means that you are building the relationship you have with your child. We do this to help keep connected, to show that you want to hear what they have to say, to let them know you will make time for them. Phones can be a distraction, so putting them down while you interact with your child helps your child feel valued, and it leads by example.

Outdoor Activities

FREE CHOICE! – Now it’s your turn to think creatively about activities you could do outside with your children. Or allow your children to create something fun to do with you! Get as creative as you like! We would love to hear what you come up with and if you agree, we could maybe share it with other families!

LEAF ART - Prepare a piece of paper and crayons. Go outside and find your perfect leaf.. try and find the soft ones, not the crunchy ones! Place the leaf under the paper and softly colour over the leaf with your crayon What lines can you see? Try another leaf and see if it has a different pattern to the other ones! You could even turn your traced leaf into creatures by drawing on them and giving them legs, arms and a face!



Indoor Activities

FREE CHOICE! – Now it’s your turn to think creatively about activities you could do indoors with your children. Or allow your children to create something fun to do with you! Get as creative as you like! We would love to hear what you come up with and if you agree, we could maybe share it with other families!

A DAY IN THE LIFE OF BIG TED – Find your favourite toy, and take a photo of them doing the following:

Eating breakfast

Brushing his teeth

Playing in the backyard

Washing the dishes

Reading a book

What else could you get big ted to do?

Movies for the family

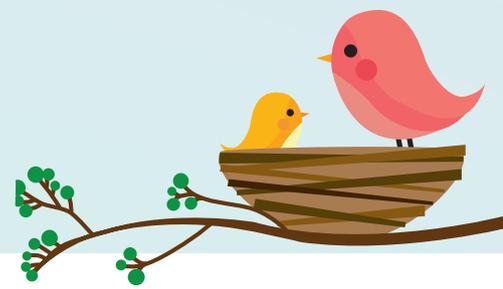
Boss Baby

Paddington

How to Train Your Dragon



Building connection with your child



Massage

Just as a hug from a carer/parent can bring comfort through physical touch and connection, so too can Massage.

Massage helps to build trust and safety. Before this activity, it is important that you ask for your child's permission to give them a massage. If your child wants to try a massage on you, encourage them to seek your permission first too. This is important as it gives children a voice; it teaches them they have the right to say Yes or No, and in this way teaches them about consent.

A great idea is 'Pizza Massage' which involves the parent making a pretend pizza on their child's back using various hand movements and degrees of intensity. Try the following.

Once your child grants permission and gives their consent, ask them to lie on their tummy. When they're comfortable, ask them what toppings they would like on their pizza, then:

- Form a closed fist and press down using your knuckles to knead the dough across their back, from shoulders to lower back
- Then, use your open palm to roll the dough out in a rolling motion
- Stretch the dough into shape using the flats of your fingers in a smoothing action
- Add sauce using the tips of your fingers to spread it around
- Sprinkle cheese using a gentle tapping motion
- Thumbprint to add olives
- And other actions to add remaining toppings
- Finally, use your fingers and hands to 'bake' then 'cut' the pizza into pieces to share.
- Other massage ideas can be found here <https://joom.ag/NOCC> via the 'Massage Moments' cards developed by Together4Kids.



Remember the three C's:

Keep Calm, Be Creative and Parent with Care... and Fun!