

FUN FOR THE HOLIDAYS



Since the earthquake it has been a stressful time for many Cantabrians. While adults are dealing with the immediate damage to businesses and homes we must remember that children are affected as well. Children's reactions to the earthquake may manifest themselves in different ways Eg: sleeping problems, nightmares, reluctance to go to bed, irritability, clinging to family members or familiar objects and changes in relationships with family and friends, to name a few. All these changes can leave parents wondering what the best way is to help our children get through this time with the best outcomes. Schools have been sent plenty of information about dealing with the this event so here are some ideas about how to have fun as a family that may help the little minds in your home relax – they are fun to do in the holidays too!

- How many notes will it take your family or child to name that tune? This is a great game for families to play together. One person thinks of a song and then starts to hum the tune - the first one to guess the song correctly is the next to choose a song and hum. For younger children, you might need to suggest a few bedtime lullabies (twinkle, twinkle little star) or even Christmas Carols to help them along.
- Make playdough from mixing 1 cup flour, 1/2 cup cooking salt, 1 cup water and 1 tablespoon of cream of tartar in a saucepan over medium heat until thick. Allow the mixture to cool and then add the oil and knead well over a floured cutting board or similar. Divide this blob evenly into as many colours as you'd like to make. Add food colouring to each ball until it is just the colour your child is looking for. That's it! Allow the children to let their imaginations take them away.
- Rope Jump - tie a mitten or sock to the end of a jump rope. Have the children stand around you in a circle (or if there is only 1 child they can just stand in front of you) a little less than the length of the rope away. Swing the rope low and slow and encourage the children to jump as it comes past. For younger children, you might need to go very slow on the ground as their coordination will not allow much more than this. For older children, you can swing the rope faster and higher and higher with each turn. They will love showing you their capabilities!
- Make a placemat - cut a box or other piece of cardboard to the desired size for a place mat. Encourage your child to decorate the mat however they like - draw and colour; glue on pictures from magazines or even bits from the garden. Let them add their name and even the year for the perfect future momento! Next, cover the place mat with the contact paper or have it laminated. Follow this with a quick lesson on setting the table and your day is done!

For more information on these ideas plus plenty more go to:
<http://www.kidspot.co.nz/kids-activities-finder.asp>

Healthy Nibbles Nutrition Updates for Primary Schools

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha