

Little Tigers

FREE

A ROARING GOOD READ FOR FAMILIES

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Plan for a stress free school holiday

By Caroline and Vicky at Pink Spaghetti

Holidays can be a difficult time for parents, trying to keep their children amused. However with a bit of planning school holidays can be fun for everyone.

- Become reacquainted with simple pleasures. Why not visit the local park, feed the ducks or cycle through the forest looking out for the signs of Spring.
- Think of a theme for each day for example teddy bears, and plan your activities around it. Bring out teddies that haven't been played with for ages, get your children to help make a picnic, and take a rug to a local park. The internet will provide countless pictures that can be coloured in, and stories to tell. Plan ahead, and try and tie in any themes with any local events, e.g. museum exhibitions.
- Research what activities are available during the holidays so you don't wake up each day without a plan! Many local authorities provide free or subsidised activities for school aged children and many attractions run free or low cost events. Use your Little Tigers days out and events guide to hunt out the ones near you.
- Arrange some play dates with your children's friends at school. Do this before the holidays start when you know you will see other mums in the playground and before you realise you don't have anyone's contact details!
- Alternatively swap children for the day. We know that siblings can fight over anything, and organising things for different aged children can be difficult. So why not swap similar aged children for the day with a friend. Two 5 year old friends will play far better for longer than a five year old and a 2 year old.
- Plan your shopping ahead and order one or two internet home delivery shops for over the holiday period. Make sure you include extra snacks on your list to keep the children well fed!

If you would like some more help to be organised go to www.pink-spaghetti.co.uk or call 0844 504 7465.