



Family Fun and Self-Care

Build a Fort!

When was the last time you moved around the furniture, got every blanket in the house and every pillow and just built a fort? Once its built - have a picnic inside or play hide and seek!

Do a Jigsaw puzzle!

In our age of technology almost everything we do is digital. What about getting an old fashioned puzzle and working on it together as a family at the dining room table? Put aside 30 minutes each day to work on the puzzle as a family. Perhaps don't tell your child what the picture is of but have them guess what it is as you build it together!

Have a treasure Hunt!

Pick something that your child finds rewarding and make it your treasure! Create a hand drawn map for your child to follow in your home to find the treasure. Perhaps you can add clues or riddles for the older child and make it a challenge. Enjoy the hunt and the treasure at the end! Have fun.



REMEMBER HOW TO PLAY!!!

With the extra family time we are faced with right now here are some great ideas around how to have some good old fashioned family fun time together! Remember that laughing and having fun is a form of self care and a great way to bond with your child!

Pick Activities that interest your child!

Remember to choose an activity **that is preferred** for your child for family fun time! If we try to get our child to do a non-preferred activity, that is not going to be fun for anyone! You can chose a different time to practice non-preferred tasks, family fun time is definitely not that time! Get creative and take the time to





Parent Self Care

Remember that as a parent we need some time alone and self care time even though our kids are home all day!

- Every day set aside some **you time** to spend doing your favourite activity or craft. Maybe it's a crossword puzzle or reading a good book. Start with 30 minutes to spend just on you. Do a Yoga video or a meditation video:

<https://youtu.be/Fpiw2hH-dlc>

- Take a hot bath and ask for no interruptions. Set your child up with an activity that will keep them occupied so you can have some uninterrupted time!
- Have a date night! Settle the kids in bed and have a candlelight dinner. Your relationships outside of being a parent are very important!
- Do an free exercise video at home to help reduce stress and keep up your health:

<https://www.crushcamp.com/schedule>

enjoy your activity, don't rush through it.

Perhaps take a large sheet of paper and tape it to the kitchen table and then gather everyone in the family together. Take a portion of the paper and draw out a story. Pick a topic like "I am thankful for ..." and then get creative and draw! You don't have to be an artist to have fun with this - its not about being graded on your drawing skills its about spending some time together to create a story line that's fun, creative and engaging. Each person can then talk about what they drew!



Parenting is easier when our own needs are being met. Adults have needs just like our children do. Remember to blend self care time with family fun time in order to help your family unit to function in a healthy and productive way. There are lots of ideas out there on Pinterest and other websites on what you can do at home to have fun. Check out:

<https://www.bbcgoodfood.com/recipes/collection/kids-baking>

<https://www.todaysparent.com/family/activities/fun-things-to-do-at-home/>