

# LUCY'S LOWDOWN

*What's on with Guiding You Consulting*

## PLANNING THE HOLIDAYS

*Easter Holidays are just around the corner. Some parents find holidays extremely overwhelming, here are some suggestions and ideas for the holidays.*

### EASTER HOLIDAY VISUAL SCHEDULE

*Click on this link and create a holiday schedule together with your child/children.*

*Click on this link to find an activity -30 things to find at the Park*

### Holiday Activity

### GETTING READY FOR DAY LIGHT SAVINGS TIME CHANGE

*Day Light Savings finishes on 7th April 2024. Here are some ideas to prepare-*

- Minor changes will help your child to adjust their body clock gradually*
- You can further support your child to adjust by waking them in the morning, offering mealtimes and naps 10 minutes later.*
- Stick to nighttime/bedtime routine*
- Have some patience with your child while adjusting to the time change; they may be a little tired and grumpy for a week or so*

### **7.00 PM BEDTIME, FOR EXAMPLE**

- MONDAY: 7PM**
- TUESDAY: 7.10PM**
- WEDNESDAY: 7.20 PM**
- THURSDAY: 7:30PM**
- FRIDAY: 7.40PM**
- SATURDAY: 7.50 PM**
- SUNDAY: 7.00 PM (DST ENDS)**

# IDEAS FOR THE HOLIDAYS

1. *Swap board games or toys with another family.*
2. *Build a fire and cook marshmallows*
3. *Make kites from old newspaper and go to the park and fly them*
4. *Place a basket in the lounge room and ask children to fill it with old toys for people that are in need*
5. *Make a tree house*
6. *Make a slippery slide with some plastic. Spray with water and sprinkle dishwashing detergent on it*
7. *Decorate your front door or letter box for Easter Bunny*
8. *Make a hairdressing salon with combs, coloured spray, spray water bottle and get children to play with another person's hair*
9. *<https://www.facebook.com/GVLibraries> - check out Local Library Facebook Page and see what activities are on*
10. *Use some fruits/vegetables and make a mosaic pattern or google animal made fruits.*
11. *Consider planting some winter veggies- cabbage, asian greens, lettuce, rocket, spinach, carrots, celery, cauliflower, spring onions, leek, onions, radish, turnips and swedes.*
12. *<https://sheppandgv.com.au/events/special-events/home-for-the-holidays-> Activities Shepparton and surrounds*
13. *<https://kidstown.org.au/kt-bookings/kidstown-disc-golf-> Play Disc Golf at KidsTown*
14. *<https://www.eventbrite.com.au/e/arcadia-open-day-2024-kids-fishing-clinics-tickets-858545431497?aff=ebdssbdestsearch-> Fishing*

