

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

