

Family Time Tips

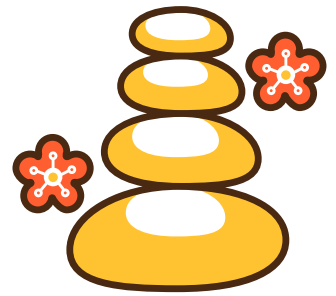
Tactile THURSDAY

ROCK PAINTING: Does your little one love to pick up pebbles, stones, rocks or the tiniest little bits of gravel whilst they are out and about? Here's a lovely idea using those very things: rock painting!

While your little one is busy having fun covering their stone in paint, they're also learning to paint a solid object, which really helps to develop their hand-eye coordination.

Watch these little brothers having fun painting at bit.ly/EYrockpainting.

Rock on!



FINGER PAINTING: Today, why not have a go at following a line by finger painting? This is really good for developing your little one's fine motor skills and can also be a great little maths game.

All you need to do is draw a squiggly, zig-zaggy, looping line for your little one. Then take some different coloured paints, and depending on their age, they might like to:

- Follow the line using one finger and one colour.
- Follow the line in one colour but use all of their fingers and thumbs to do so.
- Create a repeating pattern with two colours and a finger from each hand, e.g. one blue, one red.
- Create a repeating pattern with three, four or even five colours!

Enjoy your creations!



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BIRD FEEDER: Today, why not get creative and feed the birds? Here's a fun idea to decorate the trees or bushes, outside in your garden or when you're out and about on a walk.

All you need is some cereal with holes in, some string, ribbon, twigs, pipe cleaners or anything that your little one can thread the cereal onto.

Thread the cereal into a shape if possible (like a heart or circle) and tie the ends together so it doesn't fall off. Then tie another piece of string or ribbon at the top, making a loop to hang with.

Now your little one should find a place outside to hang your bird feeder. Finally, find somewhere cosy to sit and watch the birds as they explore your feeder! Happy bird-feeding!

PAINTING IN THE KITCHEN: Here's a lovely idea from Busy Toddler, a way to get creative and paint not with brushes, but with kitchen tools instead!

So ditch those brushes for a potato masher, whisk, tongs, spatula, colander... whatever kitchen utensils you have!

Watch your little one explore all the different ways the tools can be used, and talk about all the different marks they make.

Have a smashing, stamping, spreading, swishing, swirling, splattering time!



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PANCAKE FUN: Does your little one love pancakes? Today, why not create your own 'pretend pancakes' for a hide and seek game?

All you need is some cardboard (an empty cereal packet will do), some colouring pencils or crayons, some scissors and something circular to draw around such as an upside-down mug.

Using your colouring pencils, encourage your little one to decorate their 'pancakes' with healthy toppings. They might like to draw strawberries on the top of some and then bananas on the others. The game will work as long as they draw at least two different toppings.

Next, help them to carefully cut out their 'pancakes.' Then take turns to hide the different pancakes around your home. See who can find all the strawberry ones or banana ones? Who can find the most?

To finish off your pancake fun, here's a wonderful story about Mr Wolf, who tries very hard to make pancakes: bit.ly/EYpancakefun

Happy pancake crafting!

