

Holidays at home

It's holiday time! As parents of preschoolers this does not necessarily mean long, hot days relaxing by the pool. Even if you are fortunate enough to go away for a couple of weeks, there is still the rest of the holiday to fill. Worse still, most of your usual activities, including toddler group, have either stopped or are overrun with hordes of bigger kids. So, what can you do?

★ Backyard camping
Put up a tent in your garden. You could then have a picnic... or even sleep in it. If you fancy a beach campsite, just add a paddling pool and sandpit.

★ Avoid the crowds
It may be possible to continue activities like swimming, if you are willing to go as soon as the pool opens to beat the crowds.

★ Start a café crawl or park survey
See how many you can visit over the 6 weeks.

★ Meet up with friends
Toddler group may have stopped but you can still see your friends. You could arrange to meet in the park (weather dependent) at the time the group would normally meet each week.

★ Visit the Tourist Information Office
Browse the leaflets. There may be local attractions yet to be discovered.

★ Explore by bus or train
Turn even the most mundane trip into an adventure.

★ Things to do for free

- Take a walk
- Fly a kite
- Feed the ducks
- Play Poohsticks



Did you know?

Care for the Family produce *Family*, a free magazine with articles and stories to encourage and support you and your family.



To get your own copy of Family, visit www.careforthefamily.org.uk/freemag or call (029) 2081 0800.



Top Tip

Many attractions are free for under 3s. Read brochures, free newspapers and the internet for money-off or 'Buy one, get one free' vouchers. Tesco Clubcard Points can be exchanged for tickets to many attractions nationwide, including Legoland and Sealife, at 1/4 of the retail price.

Your Family Charity

Care for the Family has been supporting and encouraging families in the UK since 1988. Its family-building events have been attended by over 320,000 people and many more have been helped through special initiatives - including stepfamilies, bereaved parents and those parenting alone. Founded by best-selling author and speaker Rob Parsons, the charity is committed to strengthening family life and helping those who face family difficulties.

The information in this handout is supplied in good faith, but Care for the Family cannot accept responsibility for any advice or recommendations made by other organisations or websites.

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