

Go To ...for Christmas FUN!!



Star Tip

Aim to make space for precious 1-1 time with each member of your family.

Star Tip

Create an ever-ready Car-Bag with toys, snacks and essentials for easier journeys.

Home Made Together

Decorate old jam jars with greenery, paints or pasted tissue. Add electric tea lights and enjoy home-made lanterns.

Hang with wire or ribbon.

Bake orange and lemon slices in the oven at 140 degrees for an hour. String with pop corn for natural garlands.

DIY Crackers..... Wrap empty loo rolls with bright paper. Fill the space with treats and secure each end with ribbon.



Fun Outside

Wrap up warm with woolly lamp hats or torches and have an exciting walk in the dark





Treasure Hunt Walk...head outside and see who can find the most Christmas Trees, Santas, Snowmen



Collect greenery, pine cones and berries to create hand made wreathes and decorations.

Star Tip

Create a treasure hunt for items necessary to carry out a task.

Memory Makers

Print out a selection of family photographs

Gather round and have a lucky dip of 'remember this'



Community Christmas

Consider encouraging children to donate to charity shops, food banks and Christmas Appeals



We're here for you at Parentline to listen, support and advise. Monday to Thursday 9am to 9pm. Friday 9am to 5pm. Saturday 9am to 1pm

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Parent
LineNI™



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Star Tip

Use old T-shirts and fabric pens or paints to create your own Christmas outfits.

Home Made Together
Create 'Talent & Time' vouchers in place of presents. Even very young children can get involved.

Create original Christmas figures with loo rolls, coloured paper and cotton wool.

Decorate pine cones with glitter glue and ribbon.

Make your own cards using stiff paper, magazine pictures or old cards.

Try experimenting with mocktails. Gather screw-top jars, fruit juices, sparkling water, flavoured syrups, ice and lots of fancy straws.

Sources of useful information

[woodland Trust/children.org.uk](http://woodlandtrust.org.uk/children.org.uk)

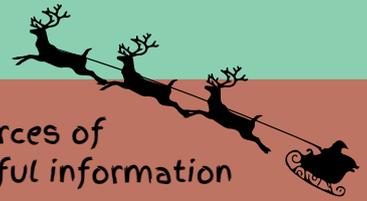
The Board Game Family by Ellie Dix

<https://www.bbc.co.uk/cbeebies/make>

<https://www.facebook.com/thedadlab>

<https://www.ci-ni.org.uk/parentline/>

olioex.com (Food Waste app)



If this is an emotionally difficult Christmas.....

Be gentle with yourself.

Delegate.

Build in some free time.

Blend old traditions with some new.

Chat beforehand with family and friends. What could make things easier for you all?

Conversations are easier for all ages if there is a joint activity to focus on.

Try providing a plain paper table cloth, coloured pencils, stencils and card cut outs.

Chats will develop more naturally as everyone draws, colours and doodles.



Star Tip

Ask children for their own ideas about new traditions and activities.

Star Tip

Make mystery footprints with fake snow. (Add water to equal parts Cornflour and Bicarbonate of Soda)



Home Made Together
Make interesting ice-cubes by using purees or adding berries to your moulds.

Melt marshmallows and mix with crushed rice crispies or cornflakes for easy treats.

Create a chocolate fondue with fruit, mallows and biscuits to dip.

Use cookie cutters to shape shop-bought puff pastry. Brush with egg and top with flavours such as cheese before baking.

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