

EDUCARE™

First Aid and Childcare Courses

Specialising in courses for: • Domestic • Parents • Childcare Workers • Au Pairs

Keeping kids happy on rainy days!

Video's, DVD's and TV can only keep them occupied for so long, and anyhow, research indicates that Television can and does stunt intellectual development, limit the use and development of imagination, and on the whole, too much TV results in 'couch potato kids'! So... how do we as parents keep our kids, happy, and entertained on rainy and windy days?

Here are some practical, easy and fun ideas for indoor play:

- Make play dough! It is fun for kids of just about any age, easy to make, and can keep them busy on the kitchen floor for hours! Give them shape-cutters, rolling pins, moulds, cups, plastic knives & forks etc.

Recipe:	1 cup plain flour	2-4 tablespoons Oil
	¼ cup salt	1 teaspoon food coloring
	¾ cup water	1 teaspoon Vanilla Essence
	1 teaspoon Cream of Tartar	will make it last longer!

To make play dough, put the ingredients together in a pot. Mix and then warm gently on the stove, stirring until it forms a ball. Wrapped in a plastic bag it will keep for weeks!

- Make a dress-up chest. Collect old hats, hard hats, shoes, badges, old sheets, old clothes, boots, masks, goggles, snorkels, old tools (eg a broken drill) etc and if they are old enough, add a collection of old make-up and face paints! Watch them have a ball!
- Make an indoor camping site! Drape a sheet or a couple of blankets over the dining room table or make a tent using a couple of chairs and some sheets. Provide some torches, a picnic meal, some sleeping bags and pillows, books, and maybe even a portable radio! Voila... peace for at least an hour!
- Painting should be encouraged from an early age! If you are worried about the mess, put them in the kitchen or even in the bath (no water!) but don't panic about stains ... water paint washes off quite easily! If you use powder paint, add a little dish-washing liquid to the powder to make it mix more easily. Don't add too much water; it is better to have the paint quite thick. If you don't have paint-brushes, make stamps by cutting a potato in half, then pressing a shape-cutter into the flesh.

- Cut all around it, and pull away the edge outside the shape. This will leave you with a raised shape! Make a stamp pad with some kitchen towel and paint.

Finger paint recipe:

1 cup sugar

1 cup cake flour

1 cup cold water

3 cups boiling water

powder paint or food coloring

Mix the sugar, flour and cold water. Add boiling water and cook for 2-3 minutes until thick. Colour with food coloring or paint.

For more ideas and all the ins and outs of brain development, attend an EduCare Developmental Stimulation course, or send your nanny on one! It makes playing with your kids more fun and rewarding (for you and for them!)