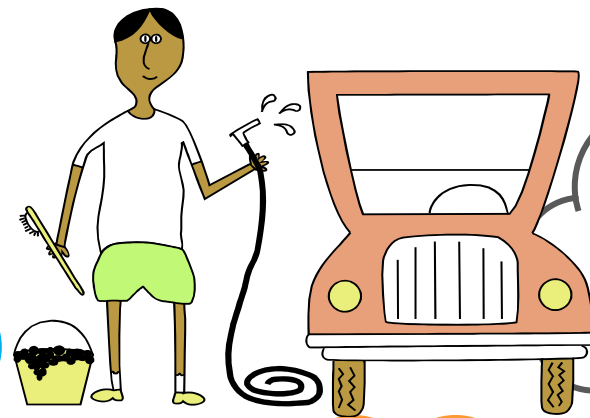


# Parents' Week 2012

## 'Make a Moment'



Build a fort or tent. There's nothing better than building a den out of old sheets, invite over friends and play to your hearts content.



Wash the car together! What can be a normal task can be lots of fun (bubbles included) and also ticks another thing off your to do list.



Visit a local museum or gallery, the majority of which are free entry and often have free activities for youngsters.

Bake cakes together, there are plenty of ready mix recipes available if the kitchen is not your strong point. You could even buy ready made cupcakes and have fun decorating.



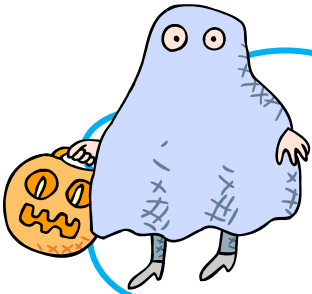
Visit your local library and pick out a book, head home and read it together. You could choose to act out your favorite parts, or make a drawing of your favorite character.

Sit down and paint a picture of each other, this can always be a giggle and lets you know how you see each other. Maybe use pasta shapes or glitter to get more creative.

Invite over some friends and play a board game together, time flies when you're having fun. If you're feeling particularly creative you could even make your own!



**Offenders' families helpline**  
**0808 808 2003**  
Monday - Friday 9am-3pm  
Saturday & Sunday 10am-3pm  
freephone



Make your own Halloween mask! There are many simple designs you can make using things around the home, or alternatively print out some designs and colour them in [www.enchantedlearning.com](http://www.enchantedlearning.com)

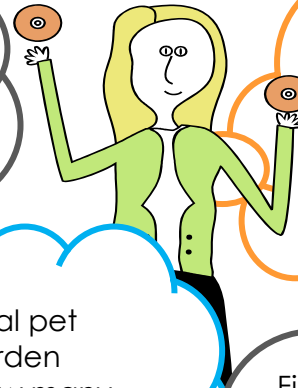
Go on a bike ride or walk together, head to a favorite spot, or go in a new direction and see where you end up!



Take your dog for a walk or even a run! Get some exercise and enjoy the fresh air. Don't forget your umbrella in case it rains!



Visit your local pet shop or garden centre. See how many different animals you can spot and learn the names of different fish!

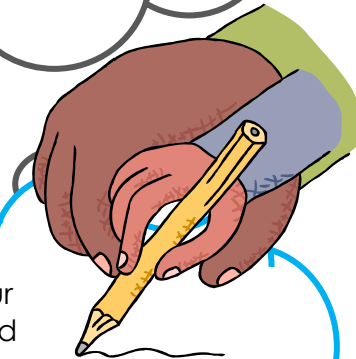


Join the circus! Get started on your juggling skills using oranges or apples, or of course juggling balls if you have them!

Find your old photos and organise them into an album or scrapbook. This can help share those important memories as well as teaching your child the family tree!



Let's go fly a kite! Now that summer has gone you may as well put the autumn wind to some use, dig out your old kite and see how high it can go.



At the end of your week sit down and help your child write about what they have done during the week. This diary can be sent to a family member in prison, which will help the person in prison feel more connected with what has been happening at home.

Plant some seeds, use the seeds from left over fruit to grow your own plant, either in a pot on your window sill or in your back garden; just remember to water it!

