



**TASMANIA'S
BIGGEST
JOB**

Raising our children
deserves a helping hand

Easter Activity Tip Sheet

For parents and caregivers, public holidays such as Easter are an opportunity to create good experiences, foster loving relationships, and create memories and traditions for their child that will last a lifetime.

Keeping children entertained can be challenging, especially in colder weather. So we've created a list of fun activities and tips for parents and caregivers to help them and their children make the most of Easter – after all, raising children is Tasmania's biggest job.

Encourage curiosity and a sense of creativity by:

- Going on a picnic to somewhere beautiful and talking about why that place is important to you and your community.
- Looking at how nature changes as the weather cools, and seeing who can take the best autumn-themed photos with a digital camera.
- Visiting the local library to stock up on some books for the holidays.
- Reading a book together about Easter, Passover or Anzac Day to understand how and why different people celebrate or commemorate seasonal events.

Keep active and healthy by:

- Rugging up and keeping warm by running around in the garden or local park.
- Planting or harvesting some herbs or a vegie garden (or visiting a friend's).
- Planning a healthy and nutritious menu together then cooking and sitting down for a special meal.

Foster a sense of belonging in your family and your community by:

- Drawing a picture of your family and everyone in it, and make photocopies of the drawing to give as gifts to family members.
- Doing a big tidy-up and suggesting your child find an old toy they have out-grown to donate to a charity for another child who might need it more.
- Continuing or starting family traditions to do with the season, such as an Easter egg hunt or attending an Anzac Day service as a family.

Parents and caregivers can look after themselves by:

- Offering to do a child-minding swap with a friend or family member for a few hours so they can catch up on some adult time and you can do the same!
- Taking advantage of your community – your friends, family members, and local services – and ask for help where you need it. Enjoy regular contact with other parents as well as friends and family who aren't caring for kids of their own.
- Keeping yourself and other adults in your family healthy.

For more information about Tasmania's Biggest Job visit www.tashelpinghands.org.au or call 1300 367 863.

About the Tasmanian Early Years Foundation

The Tasmanian Early Years Foundation (TEYF) supports and promotes the wellbeing, development and learning of Tasmanian children up to the age of six years.

Visit www.earlyyears.org.au



Tasmanian Early Years
FOUNDATION