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IN THIS ISSUE

Education
Easter
Outdoor Activities
Early Years



Win a Smoby Playhouse!

+ K'nex Construction Toys
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Families
Magazine



March/April 2021

Familiesonline.co.uk

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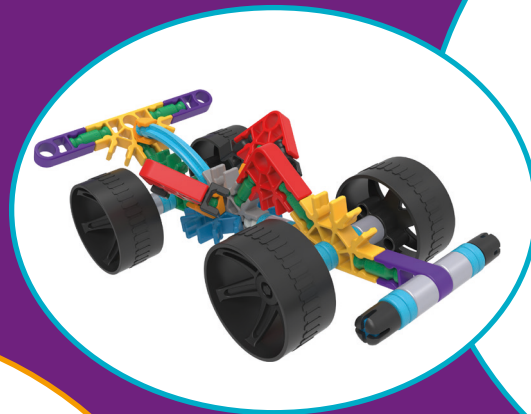
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Sign up to our digital magazine and receive your free gift from K'nex!

Choose 10-in-1 Building Set

Ages 5-10

Make 10 projects!
130 pieces



OR Kids Safari Mates

Ages 3-5

Build animal friends!
21 panels and pieces



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Welcome

Spring is nearly here! And a very welcome one after what feels like the longest winter ever. With promise of the world opening up again soon, we hope you find inspiration, hope, ideas and fun within these pages.

We have lots of great family activities for Easter and some ideas for making outside time a little bit more exciting, now that the cold weather is easing.

And there are some great suggestions for memorable staycation holidays in England, Scotland and Wales.

Keep smiling everybody!

Competition Winners from our Nov/Dec issue

Weronika Puchala, Luna Smith, Kelly McGleish, Simone Ayres, Taya Freeman, Katie Scott, Melanie Oley, Jenni Weston, Annelien Bass, Virginie Renaut, Lauren Powell, Margaret Challen, Maria Jornet Escuet, Philomena Price, Sophie Venables, Vicki Wright, Stephanie Chan, Chalice Palmores.

Win a Smoby Playhouse!

Choose
TeePee
or Nature
Playhouse



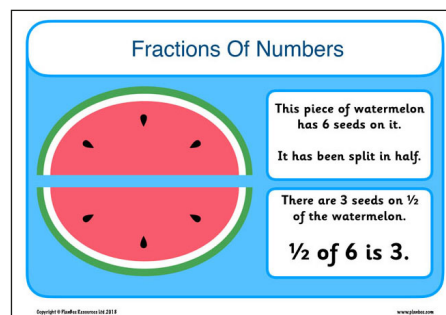
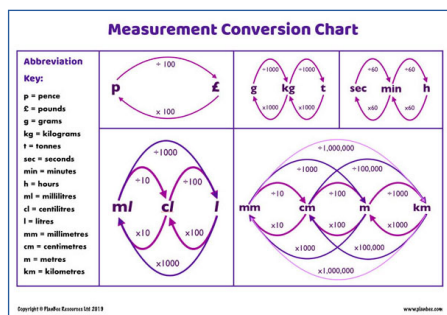
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Free Maths Downloadables

Use these high quality maths resources from [PlanBee](https://www.planbee.com) to help support your child's learning.



Converting Measures Chart

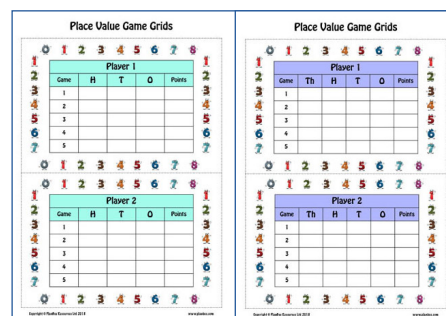
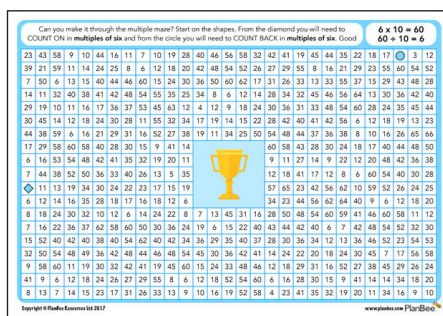
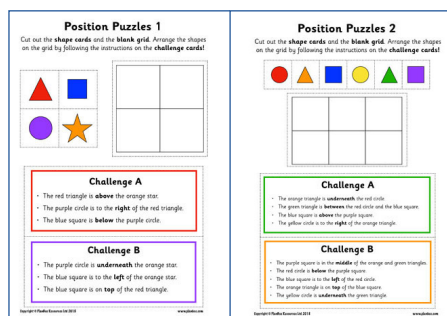
This handy chart helps to convert a variety of different measures.

What is the Question?

Work backwards from the answer to find the question.

Fractions of Numbers Posters

Watermelon-themed posters that explain the concept of fractions.



Position Puzzles

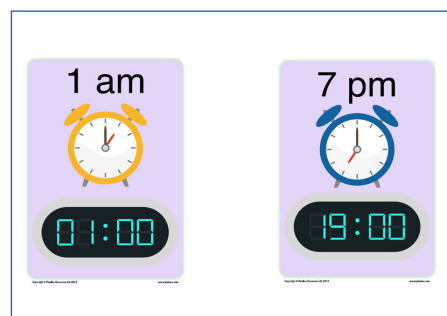
Interpret positional language to put the shapes in the correct place.

Multiple Mazes

Identify the multiples of the 2/5/10 times table. 3 levels of difficulty.

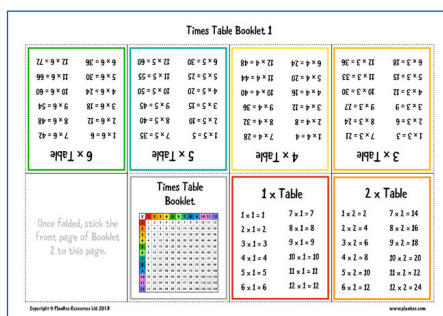
Place Value Game

What numbers go in the place value columns to win the point?



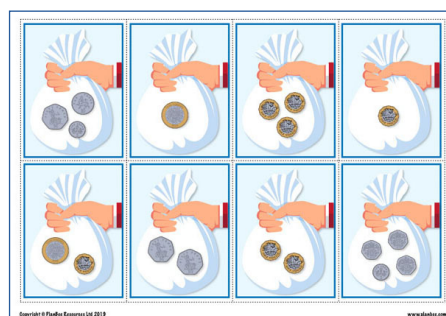
24-Hour Time Display

Help your child tell the time on 12 and 24-hour clocks.



Times Table Booklet

All the times tables in one handy booklet!



Compare the Money Cards

Recognise coins. Use for playing Snap or Matching Pairs.

Autism and Education One Size Doesn't Fit All

By Jane Constantine

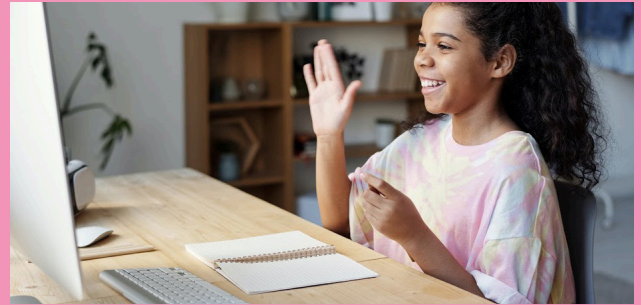


Today I cried with happiness at an email. It contained a glowing report of my 11 year old autistic daughter's progress at school in recent days. We're in lockdown and it's her first year at a specialist secondary school. I'm so proud of how far she has come.

[READ MORE](#)

Is Online Tutoring Effective?

By Lucy Spencer



If you've had time to breathe between home schooling, work and parenting, you may have wondered about the effectiveness of online tutoring. Like any online experience, the answer depends on many factors, particularly the facilitator, the goal and the environment.

[READ MORE](#)

Why is My Child Teaching Another Child?

By Annabel Gray



Just before the pandemic struck, I was in a café when I accidentally overheard a conversation between two mums. One was expressing her outrage that, at school, her child had been teaching another child to read. Let me share with you a secret about this.

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Support your Child's Love and Learning of Music



Meet the Orchestra with the Royal Albert Hall

Fun introduction to the world of percussion for young children.



Cbeebies Radio Prom Podcast

Enjoy an imaginary musical journey to the moon with this podcast.



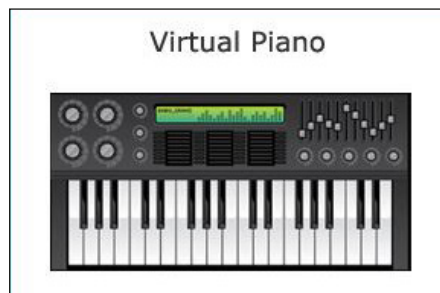
On Stage at Home Nordoff Robbins & the Clangers

Young children have fun making music using household objects.



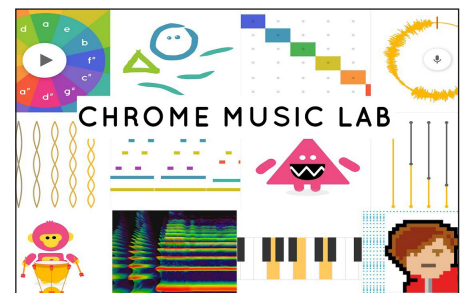
Gentle Guitar

Online guitar school with lessons for children ages 5-12.



Virtual Musical Instruments

Learn & create music. Play instruments online using PC keyboard/mouse.



Chrome Music Lab

Fun, hands-on music experiments. Make and learn your own songs.



BBC Play the Noise

Explore the elements of a song. Play/clap along. Listen back to your own version.



Naxos Music Box

Interactive musical resource for ages 4-12. Activities, puzzles, quizzes.



Sing Up at Home

Keep kids learning & singing. Free online resources and A-Z playlist.

Supporting your Child's Return to School

By Catherine Lynch

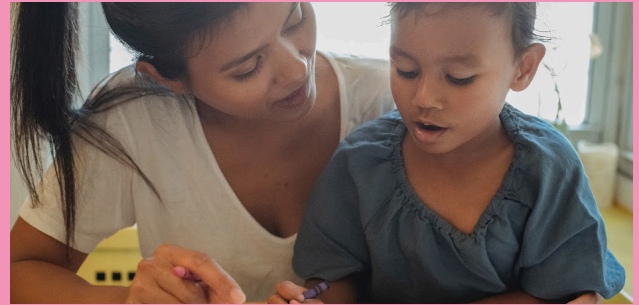


For the second time in a year children have experienced major turbulence in their school lives. The restrictions of the latest lockdown have been piled on top of months of change, anxiety and uncertainty. So how can parents support their child's transition back to school?

[READ MORE](#)

Helping your Child be an Effective Learner

By Gail Hugman



Many things can get in the way of a child learning effectively: dislike of practising difficult things; being discouraged by failure; comparing themselves with others; or simply not making much effort. If you feel your child is underperforming, what can you do?

[READ MORE](#)

Device Free Learning

By Dr Amanda Gummer



For many parents, home learning has been very challenging, with spotty Wi-Fi wreaking havoc and children battling to use the same device. The good news is that remote learning lessons on a device are not the only way that parents can support their child's learning at home.

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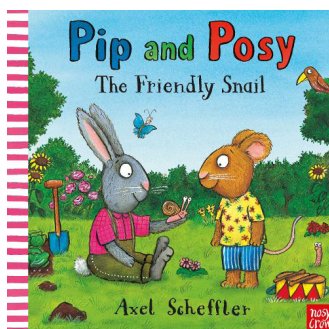
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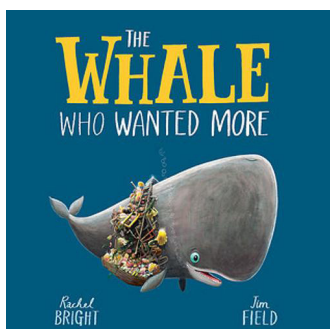
Hot New Kids' Books for 2021

All books can be purchased via [Bookshop.org](https://www.bookshop.org), an online bookshop which financially supports local, independent bookshops and of which Families Magazine is an affiliate.



Pip and Posy: The Friendly Snail

By Axel Scheffler.
Ages 0-2.



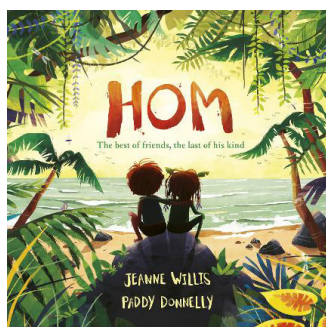
The Whale Who Wanted More

By Rachel Bright & Jim Field. Ages 1-5.



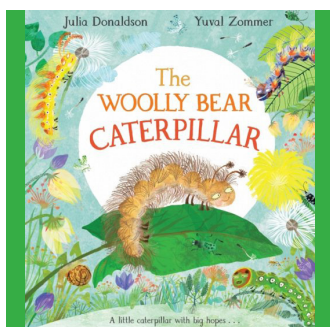
The Cat's Cookbook

By Julia Donaldson.
Ages 2+.



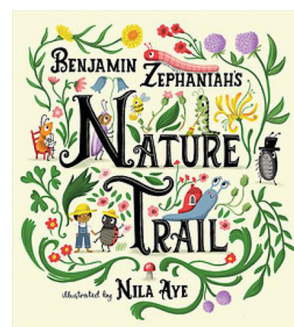
Hom

By Jeanne Willis & Paddy Donnelly.
Ages 3+.



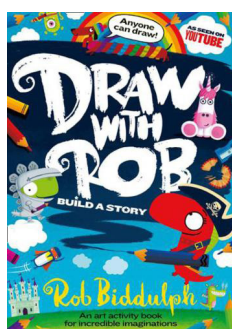
The Woolly Bear Caterpillar

By Julia Donaldson & Yuval Zommer.
Ages 3-5.



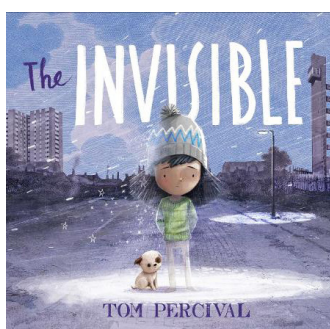
Nature Trail

By Benjamin Zephaniah & Nila Aye.
Ages 3-5.



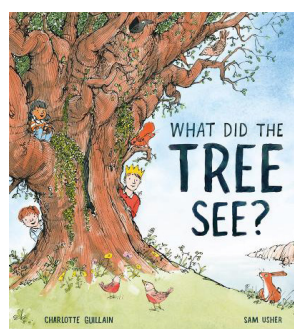
Draw with Rob: Build a Story

By Rob Biddulph.
Ages 3+.



The Invisible

By Tom Percival.
Ages 3+.

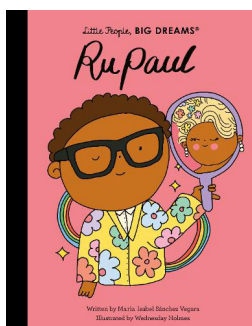


What Did the Tree See?

By Charlotte Guillain & Sam Usher. Ages 4-6.

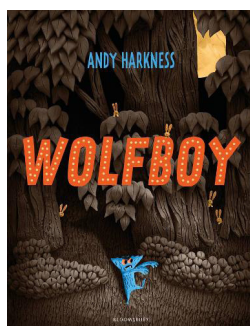
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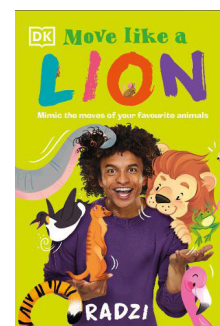
RuPaul

By Maria Isabel Sanchez Vegara.
Ages 4-7.



Wolfboy

By Andy Harkness.
Ages 4-8.



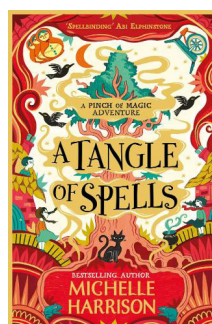
Move Like a Lion

By Radzi Chinyanganya.
Ages 5-7.



Rainbow Grey

By Laura Ellen Anderson.
Ages 7-10.



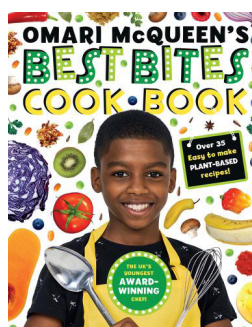
A Tangle of Spells

By Michelle Harrison.
Ages 8+.



Space Detectives

By Mark Powers and Dapo Adeola.
Ages 7+.



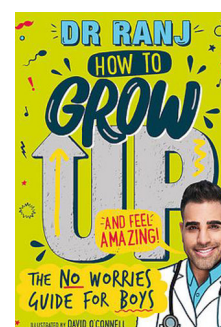
Best Bites Cookbook

By Omari McQueen.
Ages 8-11.



Dragon World

By Tamara Macfarlane.
Ages 8-12.



How to Grow Up and Feel Amazing!

By Dr Ranj Singh.
Ages 10-13.

Spring “Make and Do” Outdoor Projects



Make a Bird Feeder



Search for Tadpoles



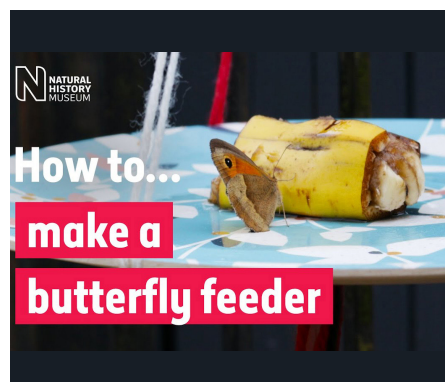
Make a Nature Journal



Make a Rain Gauge



Grow Butterflies



Make a Butterfly Feeder



Build a Den



Plant Tomatoes



Go Stargazing

Making Family Walks More Fun

By Claire Winter

Three ideas to liven up family walking in your local area.

Scavenger Hunt

Make a list of specific things you might see locally eg red bicycle, car park, couple holding hands. Split into teams and walk around in your group, photographing the items when you find them. Whoever finds all the items first, wins.

Volunteer

Show the kids the importance of kindness. Volunteer to clean up litter in your community or walk dogs at a local animal shelter.



Introduce Incentives!

Give each child a matchbox to fill with tiny treasures;
Let them map read;
Create a nature journal for them to fill with bark rubbings, photos, drawings and notes;
Bring hot chocolate;
Try geocaching.

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40 schools will be chosen at random after the closing date of April 30th 2021. See online for terms and conditions.

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Ages 3+
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5 builds
3-8
21 pc

k'nex
Build It! Construis-le!
10 builds
5-10
130 pieces

Basic Fun

THINK OUTSIDE THE BLOCKS!

Ages 5+ - 99

FREE 'End Emotional Explosions' Online Course

Lucy Russell, mother and clinical psychologist at **Everlief**, a large child psychology clinic, has seen mental health issues in children accelerating in the last 12 months.



In response to demand, **Everlief** has launched a parent support site, **They Are The Future** offering free and paid online courses, masterclasses and blog. These include [Calm & Connected](#), aimed at parents with pre-teens affected by stress, anger or anxiety. Everlief is offering Families readers a **FREE 5 day mini-course** in which Lucy teaches the Cup Approach, a powerful tool for preventing emotional explosions. You will learn the science behind emotional explosions, two distinct ways to prevent them and what is meant by filling your child's "cup."



Access the mini course [HERE](#).

Boost Your Child's Mood

By Caroline Roope



With everything the last year has flung at us, it's understandable that we're feeling somewhat deflated. Children in particular can be prone to mood swings because they have not yet developed the emotional language to express their feelings. Try these activities to help banish your child's blues.

[READ MORE](#)

Growing Pains or HSD?

By Ellie Malt

The Hypermobility Spectrum

HSD

Hypermobility Spectrum Disorders

Simple
Hypermobility



Hypermobility
Ehlers Danlos
Syndrome

No other Symptoms

Joint pain and fatigue

Recurrent joint
dislocations

Remember your "double-jointed" classmate who kept doing the splits and bending their fingers into impossible positions? Now, this is known as hypermobility and up to four in ten young girls and about one in ten young boys have hyper-flexible joints. But when can hypermobility start to cause issues?

[READ MORE](#)

April Fool's Day Prank Ideas

In the Bathroom....

Bath Blues. Paint a bar of soap with a thin layer of nail varnish so it won't lather.

Shampoo Shock. Put some cling film between the bottle and lid of a shampoo/shower gel bottle. How long will it take your family to realise nothing is coming out?

Wrap Attack. Place some bubble wrap under a rug or bathmat. Wait for the shriek!

Toilet Bowl Alert. Remove the lid of the toilet cistern and pour in 10-20 drops of food colouring!

Tooth Trouble. Pop a raisin inside the neck of a tube toothpaste and cover with toothpaste to conceal.

Around the House....

Spiders on the Loose. Cut out spider shapes using black paper and place inside a lampshade.

Television Terror! Place a very small piece of black tape over the sensor/light on the end of the TV remote.

Shoe Trouble. Stuff the end of a pair of shoes with toilet roll so your family member can't fit their feet in.

Loopy Laces. Tie a family member's shoe laces together so they'll get nowhere fast....

Balloon Door Explosion. Tape balloons to the back of the front door before the family comes in.

In the Kitchen....

Brick of Breakfast. The night before, fill a bowl with cereal and milk, half-submerge a spoon and then put it in the freezer. Add a touch of fresh milk before serving it.

Cereal Confusion. Swap the contents of boxes of cereal, and watch the look of confusion as its poured out!

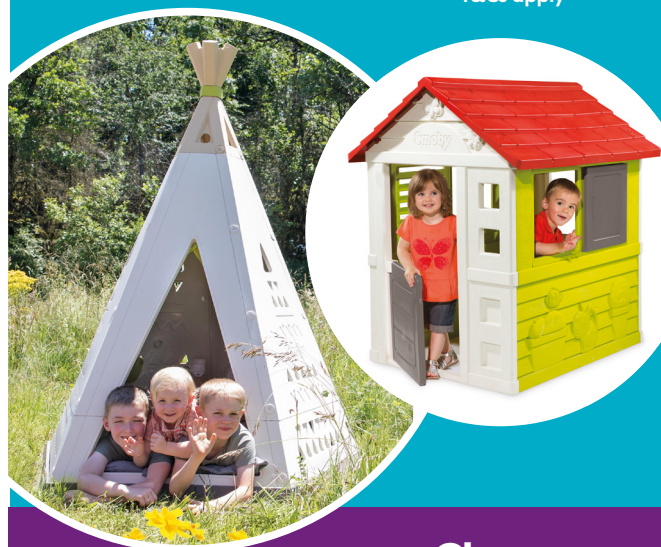
Pudding Prank. Make an 'ice cream sundae' out of mashed potato... yum!

Juice Joke. Put jelly in your child's glass instead of juice.

Browned Off. Announce you have just baked some "brownies" and present a plate of letter Es cut from brown paper.

Win a Smoby Playhouse!

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Choose
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Playhouse

Best Easter Craft Projects for Families



Paper Easter Wreath



Salt Dough Easter Eggs



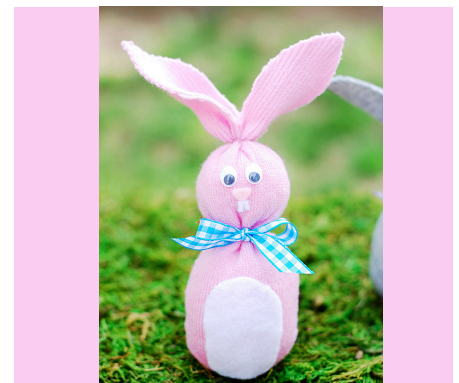
Tin Foil Easter Egg Art



Easter Bonnet



Bunny Bunting



Sock Bunny



Bunny Corner Bookmark



Dye Easter Eggs



Bean Bag Easter Chick

Set Up an Easter Egg Hunt

Use our clues to set up an Easter Egg Hunt in your house.

Laundry and Kitchen

With this clue, you'll have to follow your nose, where does mummy put all your stinky clothes? **(Laundry basket)**

In this place it's very cold, "Close the door properly!!" you're always being told. **(Freezer)**

Find me in the kitchen, I'm a big cold white appliance. **(Fridge)**

I have a sound that goes beep, and my main function is to heat. **(Microwave)**

I take your clothes for quite a spin, but first, they get wet. That's how I begin. **(Washing machine)**

Bedroom

In here, daddy puts his toes, take a big breathe though and cover your nose! **(Shoes/slippers)**

Where do you go when it's time for sleep? Take a look here, there's some treats to keep. **(Bed)**

You put this on when you're cold, 'Fasten it up properly" you're always being told. **(Coat)**

In this place you'll find hundreds of pages, reading them all would take you ages! **(Book shelves)**

Find me when you need to know how to spell a word. **(Dictionary – Book shelves)**

Other Rooms

In this place, it's very wet, it's where you and the duckies very first met. **(Bath)**

I rain on you when you need a scrub, I'm very much like my friend the tub. **(Shower)**

In this place we're supposed to wipe our feet, open the door to see who to greet. **(Front door)**

This is where you eat your dinner, find the hidden clue and you're the winner! **(Dining table)**

I have hands but no arms, just a face and my hands move at a steady pace. **(Clock)**

I have four legs, but I don't have feet, I come in handy when it's time to eat. **(Chair)**

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The Great Families Easter Bake Off



Easter Egg Cookies



Easter Bunny Pancakes



Chocolate Krispie Chick



Hot Cross Scones



Easter Egg Bark



Easy Easter Nests



Hot Cross Bun Doughnuts



Baa-lamb Muffins



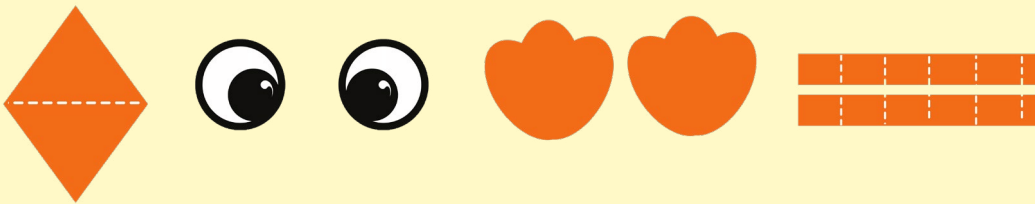
Easter Egg Biscuits

Make an Easter chick

With Easter just around the corner, it's time for some crafty creating with your children to celebrate. This simple craft from **Kidzplay Playbox** takes just minutes to set up and creates a colourful Easter chick.

You will need:

- * Eyes, beak, legs and feet pictured here
- * Scissors
- * Glue
- * Yellow Tissue Squares
- * Feathers
- * Paper Plate



Step-by-step guide:



Step 1

Cover the paper plate in glue.

Step 2

Stick the tissue squares onto the plate.

Step 5

Fold the beak in half and stick to the plate and then add the eyes.



Step 3

Fold the legs along the dotted lines to make them bendy.

Step 4

Attach the feet to the legs and then stick the feet on the plate.

Step 6

Finally stick the feathers onto the plate to make the wings.

Step 7

Leave to dry before displaying.



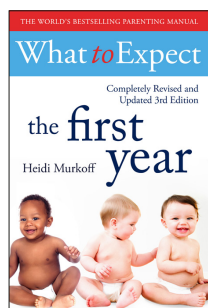
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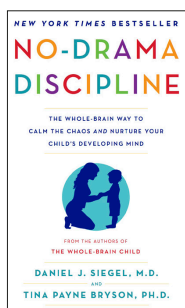
Parenting Books that Don't Shame!

Dr Sarah Mundy from [Parenting through Stories](#) selects accessible, evidence-based books that she's appreciated as both a mum and a psychologist.



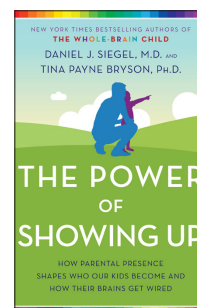
What To Expect Series

A helpful resource covering pre-pregnancy to the toddler years.



No Drama Discipline

Interprets neuroscience theory into practical parenting, with clear examples.



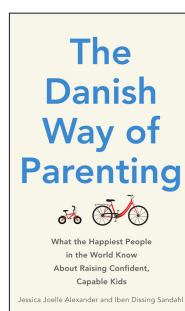
The Power of Showing Up

How to develop a secure attachment relationship with your child.



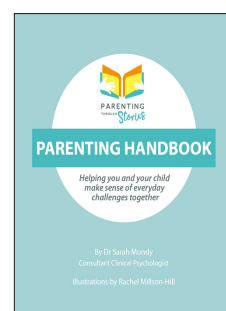
What Every Parent Needs to Know

Pulls together up-to-date research into practical and accessible advice.



The Danish Way of Parenting

Advice on raising kids from the world's happiest people!



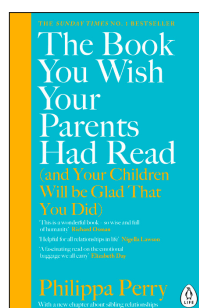
Parenting Handbook

Make sense of every day challenges together with your child.



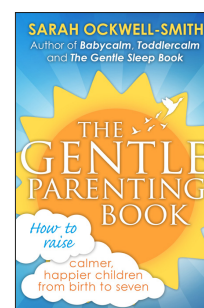
Calm Parents, Happy Kids

Why parents need to manage their feelings, and children need connection and empathy.



The Book You Wish Your Parents Had Read

Relate how you were parented, to how you parent.



The Gentle Parenting Book

Helping parents become confident and calm. Putting gentle parenting into practice.

What is Family Mediation?

By Louisa Dickson



"I'm getting divorced and need a solicitor." **Only Mums & Dads**, a not-for-profit social enterprise that supports people through divorce, hears this statement daily. Their advice is always to try mediation first (where there is no domestic abuse) and if it breaks down, to try again. But why? **READ MORE**

Talk, Read, Play: Crucial Skills for Parents

By Cristina Odone



Lockdown has kept us at home with our children 24/7. Under these circumstances, we'd be forgiven for switching to autopilot, managing through the day without paying any special attention to our children: we're always with them, so no special effort is needed, right? **WRONG!** **READ MORE**

Get Your Kids Recycling!

By Andrew Campbell

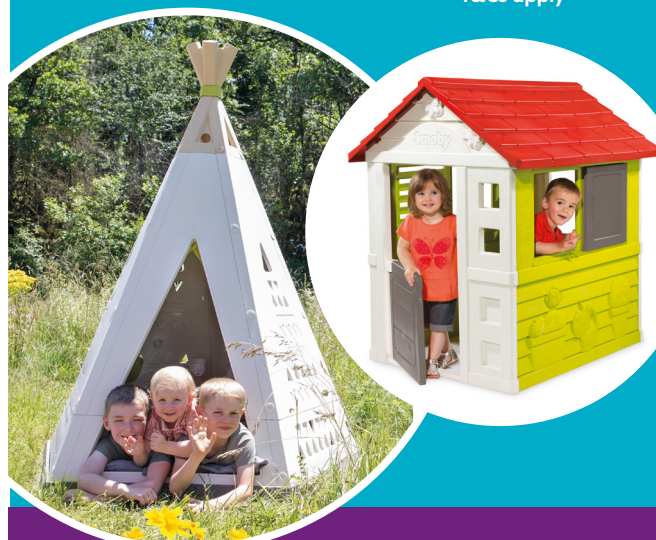


Everyone is responsible for creating waste, whether it's leftovers on the dinner plate or the finished loo roll. And so everyone is responsible for sustainable waste disposal. Here's some great ideas for teaching children about recycling and encouraging them to get more involved.

READ MORE

Win a Smoby Playhouse!

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TeePee or
Nature
Playhouse**

Like Mary Poppins – Turn Jobs into Games....

Games and play ideas from [The Good Play Guide](#) that help children learn life skills in a fun and engaging way.



Tidy Up Game

Ages 2+. Children tidy away their things by the end of a song.



Laundry Game

Ages 2-3. Get children folding, sorting and matching the laundry.



Bedroom Tidy

Ages 3+. Makes another fun game out of tidying up.



Drying Up Game

Ages 3+. Children dry up, playing 'pick up sticks' game with cutlery.



Odd Socks Game

Ages 3+. Fun way to develop colour, shape & pattern recognition.



Changing Rooms

Ages 4+. Children learn to dress/undress and how buttons and zips work.



Running a Café

Ages 4+. Develops role play, social play, food/nutrition, money/counting.



I Packed My Suitcase

Ages 4+. Develops memory and concentration.



Cooking

Ages 5+. Cooking and baking teaches children invaluable life skills.

When Do Babies Start Walking?

By Andrew Campbell

A baby's first steps are an exciting development that every parent eagerly anticipates, marking the transition to toddlerhood.

Babies begin walking at their own pace and each is different. Walking can occur from as young as 9 months but most babies take their first steps between 12 and 18 months.

A range of factors can affect when a baby begins to walk. A 'risk taker' will want to get up and going quickly, whilst a more cautious child may not want to walk until they can do it well.

Larger babies may walk later because they have to be stronger before they can carry their own weight. Ear infections can disrupt balance and delay the walking process too. A younger child may copy an older sibling and learn walking faster.

There are key milestones you should expect to see on your baby's journey to walking, as follows:

Kicking, Wriggling and Rolling

Grasping and Grabbing

Supporting Head on Hands/Arms

Sitting, Crawling and Bottom Shuffling

Standing and Cruising



So what does each of these stages involve?

READ MORE

NEXT ISSUE
Massive Outdoor Toy Giveaway!



SIGN UP HERE to receive the next issue to your inbox

Families
Magazine

Easy Games and Activities for Toddlers

Running out of ideas for keeping the little ones busy? Here's some you may not have tried.



Hair Cutting Station



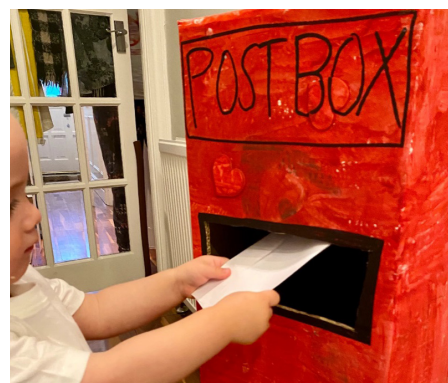
Shaving Cream Paper



Spring Play Dough Garden



Pompom Drop



Posting box



Rainbow Rice



Tugging Box



Book Drop



Car Wash Tunnel

Fun Science Projects at Home

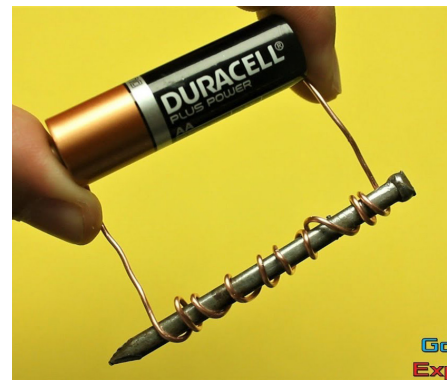
Your kids will love these cool experiments and activities. Adult supervision may be required!



Make a Balloon Powered Car



Create Crystal Snowflakes



Build an Electromagnet



Make a Sensory Bottle



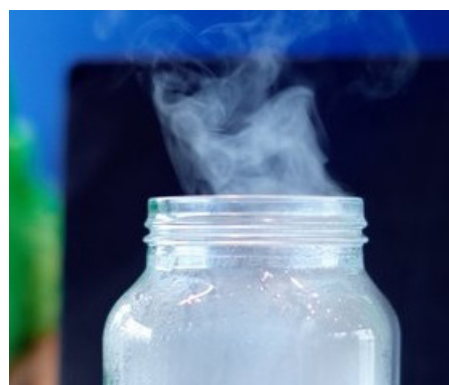
Create Giant Bubbles



Plant an Ice Garden



Make Magic Milk



Create a Cloud



Make Butter

Let's Go Plastic Free!

Start reducing your plastic consumption now. How many of these products do you use? How many can you try soon? Swap products or introduce new habits—one at a time.



A Simple Bar of Soap!

Bin the plastic plunger container. Buy bars bar! We love these.



Compostable Coffee Pods

Swap to these Nespresso compatible compostable pods.



Buy Loose Fruit and Veg

Bring your own cotton or cloth bag to weigh and carry it home.



Shampoo/Conditioner Bar

Widely available. Try Planet Organic or The Body Shop.



Reusable Sanitary Pads

Wash at home, save money or use reusable mooncup.



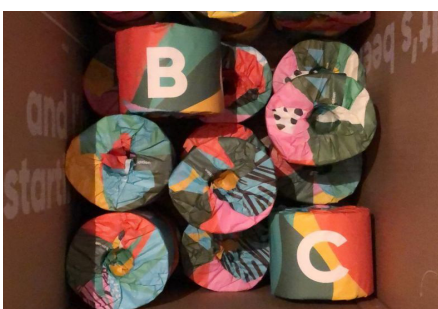
Re-Fill your Detergent Bottles

Re-fill or make your own with white vinegar & essential oils.



Loose Washing/Dishwashing Powder

Sainsbury's sells its own brand of powder.



Plastic Free Toilet Paper

100% plastic free. Free shipping (most orders).



Shaving Soap

100% natural. Hand made by disadvantaged women in Kerala.

Let's Go Plastic Free!

Start small. Choose one new behaviour you'd like to take on board and only move to the next once it is established as a habit.



Plastic Free Tooth Brushing

Think bamboo toothbrushes and toothpaste in tablets or a glass jar.



Plastic Free Bathroom

Cotton buds, dental floss, make up remover pads and more!



Buy Loose and in Bulk

Buy larger quantities. Store in glass jars. Re-fill from zero waste shop.



Start your Own Food Group

Buy products in bulk, save money, reduce your carbon footprint.



Buy Oil in Larger Quantities

Think 5 litres. Pour in glass bottles at home.



Plastic Free Meat or Fish

Get your local butchers/fishmongers to wrap goods in paper.



Deodorant

Widely available. Try Boots, Holland & Barrett.



Pasta in a Cardboard Box
An easy switch that will further reduce your plastic footprint.



Use Real Nappies

Wash and re-use nappies or use a laundry service.

UK Holiday Inspiration

Families top ideas for places to enjoy a brilliant staycation in the UK this year! Please adhere to Covid-19 government guidelines when travelling.



Bodmin Jail Hotel in Cornwall

4-star boutique hotel within the walls of the 18th century prison.



Rocks at Plas Curi in North Wales

5* hostel near Snowdon + Zipworld. Family friendly luxury.



Bovey Castle & Spa Hotel in Devon

5*, child-friendly, relaxed, dogs welcome. Plenty of activities.



Crewe Hall in Cheshire

Luxury stay, famed afternoon tea, family attractions nearby.



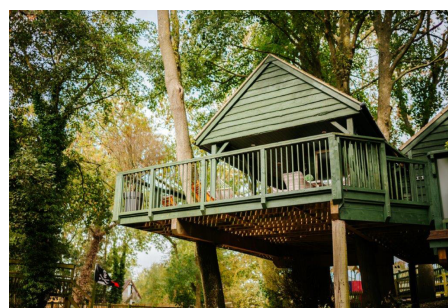
Eco Glamping in Wales

185 acres for walking, hiking and wild swimming.



Eilean Shona in Scotland

Cottages on magical private island off Scotland's west coast.



Winchcombe Farm in Warwickshire

Five unique tree houses at this gorgeous glamping retreat.



Scilly Isles

Sand-fringed islands, warm waters, empty beaches. 28m from Cornish coast.



The Little Retreat in Pembrokeshire

Luxury glamping in castle grounds in coastal National Park.