



**Simple tips for parents on enjoying the  
little moments with your children**



# Not So Funny Dad

1. Make and eat balanced and varied meals with your children together – trying out new recipes is a fun way to bond with your little ones.
2. Turn off technology when you spend time with your child - you can text, call and scroll through social media and watch telly when they are asleep.
3. Schedule time for doing an activity of your child's choosing, from Pancake Sunday to Math Monday, they will remember these moments the most.



# Life With Ivy Coco

- 1.** Get your children involved in helping to set the table. This not only helps develop their presentation skills, but creates extra bonding time.
- 2.** To help make mornings less stressful, pop on the radio and have a good dance – this little moment together makes everything better!
- 3.** Make the most of your weekend, go out for a Sunday lunch or do a big roast at home. Afterwards, prolong your time together and curl up on the sofa to watch a film or their favourite TV series!



# Laura Byrne

1. Children love being praised for their little achievements in life. Make sure you tell your children how proud you are of that drawing or that tower block they spent 15 minutes building.
2. Try to turn small 'in a minute' or 'no' moments into big 'yes' ones. If something's going to take less than a few minutes to do and make them happy in doing so, the dishes can wait!
3. During school holidays, put together a 'bucket list' of things to do; build a bedsheet den in the living room, make a potion in the kitchen, have movie nights in bed and tick them off daily. The little things really do mean a lot.



# Mumma to Triplet Girls

1. Play a good old fashioned board game - just make sure it's you and your little ones together and make the most of every second.
2. Don't over think it - it doesn't have to be expensive or grand, the important thing is who is in the room, even if it's just grabbing an hour on a Sunday after lunch to be together.
3. Plan it a little. Have a think about whether you can go to the park, or just cosy up in the living room with the heating on on colder nights. Also think of some fun activities you can do, and each take it in turn to choose one of them every week!





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