



Counselor's Corner

Positive parenting ideas from the school counsellor

Having a warm, loving relationship with parents/careers helps children grow and develop from a secure base. Research has found that warm relationships between parents/careers and children support children's positive emotional adjustment as well as their social and academic achievement.

Here are some winter activities you can do with your child to spend 'warm' time together.

Outdoor activities

- Go out in the rain in gumboots and raincoats. Look for some big puddles to jump in!
- Take your child to see how the flow of rivers, creeks and streams changes after rain.
- If it's darker, let your child play with a torch when you go out for a walk.
- Gather leaves, sticks, shells and stones from outside. You can take them inside and use them for sorting, painting or building.
- On a windy day try flying kites.

Indoor activities

- Line up some empty plastic bottles inside and use an old pair of socks to play indoor 'bowling'. Make it harder by adding some weight (like sand or water) inside the bottles.
- Make sock puppets with old socks and tell stories.
- Move to music, make up dances and play dress-ups.
- Set up an indoor treasure hunt.
- Build a fort or obstacle course using things around the house like chairs, blankets and boxes.
- Use an old mattress as an indoor trampoline and get your child to try funny running styles, or practise jumping, landing and tumbling.



Anneke Porter-Heubeck is the Bridge Road School counsellor.

You can call Anneke on Tuesday and Friday on 9519 8389.