



Cabin Fever

Trapped inside the house with your children?

Give these "cabin fever" tips a try.

Table Magic: Throw an old blanket or bedspread over card table or kitchen table and create an instant cave, fort, playhouse or hideout.

No-ant picnic: Pack sack lunches and go on a "hike" through the house looking for a good spot to picnic. When you find it, roll out an old blanket, eat and share favorite stories and songs.

Dance-a-thon: Too much energy? Put on some fun music and dance! Take turns playing disc-jockey and spinning your favorite tunes.

Star Attraction: Have a least one favorite movie video that's just for viewing on "special" occasions (like when a tired parent needs a break.)

Neat? NOT! Let go of having a neat house. Designate an area for playing and don't even think of picking up until the end of the day. Make it a goal to have a fun, enjoyable day with your children.

Dress Up Race: Give each child a bag of old clothes. Set the timer for 60 seconds and turn off the lights. Children can race to put on everything in their bags before the timer rings. Since they can't see what they are putting on, the results can be pretty hilarious!

Self Portrait: Place butcher paper or newspaper on the floor and trace the outlines of your children with a marker. Then each child can cut, paint or color his or her own life-size portrait.

Cool Dough: Play dough is easy to make at home and only take a few ingredients: 2 cups flour, 1 cup salt, 2 cups boiling water, 4 tsp cream of tartar or alum, 2 T cooking oil, and food coloring. Mix all ingredients in a bowl. Knead until smooth. Knead in food coloring. Store in an airtight container.

For more information call the Family HelpLine: 800.932.4673