

## How to occupy kids without an ipad (inanny!)

There is concern about the development of children who are becoming more and more addicted to tablets and ipads, causing them to be stressed and angry when the ipad is removed. Parents are tempted to use ipads as a way of occupying a child safely but the consequences are a child that has no interest in anything in the real world, and is dependent on the ipad for pleasure.

Here are some activities to encourage them back to the real world!

- **Stock up on arts stuff and leave them to explore it.**  
Buy an easel, a blank drawing journal, felt tip pens, crayons, huge pieces of paper and different colours, Pritt stick and sticking materials. Children are naturally creative and imaginative and art materials are easy outlets for their creative inclination.
- **Construction toys such as Duplo and Lego**  
Children develop their fine motor skills, and imagination. They also learn to share and play alongside others.
- **Playdough can occupy children for hours.** It is fun for all ages and doesn't take long to make. They can role play and lose themselves in their imagination
- **Dance** - Put some music on and dance with them. Children love music and dancing
- **Help them to build a den under the table** - They will play for ages once it is built.
- Kids like **role play** activities such as pretend cooking, home corner etc
- **Involve them in Household Activities**  
What children want more than anything is your time, so involve them in what you do. This includes doing house chores. They can learn a lot from this but it also teaches them responsibility. Letting them sort clothes for laundry teaches them different shades of colours. Allow them to mash the potatoes, or butter the bread, making cakes and scones. Everything is an opportunity for learning language, and skills for later life.
- **Enjoy Being Outdoors with other kids who like being outdoors**  
Kick a ball around, fly a kite, feed the ducks, have a picnic, go to the park, make mud pies, minibeast hunting or a nature trail.
- **Small World Sets**, like Playmobil, Happyland, dolls houses or train sets all allow child to develop their imagination and quite often they will play unaccompanied while you get a few jobs done.
- **Dressing up** - a basket of your old accessories and clothes, or dressing up clothes

### Occupying children when at a cafe or restaurant (Without using your phone or ipad!)

The issue with using your phone is that you lose control of it. Phones are not safe for kids to use unsupervised and they also don't want to give it back, which means they end up using it during the meal.

### Have a few things in your bag whilst waiting until the meal comes

- Crayons or pencils and paper or colouring
- Small world figurines e.g. Happy land or Play Mobil
- Flash cards, card games
- A small book or two.
- Small selection of Lego.
- Talk to them about things that interest them