

Setting Challenges For Your Kids

Because my son can be a bit defiant in getting his school uniform on, brushing his teeth and getting his shoes and socks on, I now set the timer on my phone to do each task within 10 minutes and has made a huge difference. Sounds a bit military but it is not meant and treating as a friendly challenge, it seems to work.

- > Set one minute tasks, such as putting their cups and sauces to be washed near the sink
- > Do Park run. Me and Henry did this and there are many parents and kids taking part
- > Setting laps for your children riding on their bikes, in a safe environment
- > Have your kids cook a meal once a week or at the weekends
- > Do a Charity walk or run and raise money for a good cause
- > Declutter their rooms and set a time, they can each choose afterwards a treat, that they may like
- > Volunteering. I loved it as a kid when they had a fete on the estate where I lived and would help out by working on a stall and loved doing a jumble sale or sell items at a car boot sale
- > Play a sport and give medals out and do like a ceremony at the end and each get a medal for taking part
- > Painting and drawing. Have them each paint something from a book, from a photograph or outside of birds and nature and display them so they share it.

