

## FACILITATOR CHEAT SHEET

### Alternatives to Buying things for Children

*This is a discussion-based exercise get parents thinking about alternatives to buying things for their children, and about quality things they can do together instead or ways to show them they love them. Below are just a few ideas to help if needed.*

- Write your child a letter or give them a card telling them what you love about them.
- Go to the local park together.
- Turn off your phone, and just spend time together with no interruptions.
- Go for a walk, somewhere new. Leave time to go at their pace, perhaps collecting treasures along the way.
- Make something together - draw pictures, paint, make collages (perhaps of things you found on your walk!).
- Have a picnic - in the park or in your living room.
- Have movie night - at home.
- Tell stories or read a story.
- Play games.
- Cook. Bake something fun or make a meal with children.
- Eat a special meal together.
- Local museums may be free. Make a special day of a trip out.
- Talk with your child. Spend time just listening.
- Have a pyjamas day together, doing fun things together at home.

*From this exercise, questions you could ask are:*

**Think back to your own childhood and what you remember - is it the toys, or do you remember doing nice things?**

**What do you think your children remember - toys you bought them last year, or nice things you've done together?**