



Dr John's parenting tips

Traveller's First Aid Kit for Families

Parenting is the most important job we'll ever do and yet children come without a manual – or a money-back option! This parent guide is an extract from Dr John Irvines' book "Who'd be a parent? The manual that should have come with the kids!" Dr John Irvine is one of Australia's most heard and read child psychologists.

CAR

- Set of cassette tapes of car games and activities.
- Special tapes of favourite songs, heard only in the car.
- Pad with plastic lift-up flap (the children draw, lift flap to erase)
- Age-appropriate jokes, comic or picture books (for kids who don't get carsick)
- Pocket games, both manual and electronic.
- String for cats' cradle.
- Knitting Nancy-French knitting spool.
- Resurrect Rubik cube – maybe paste on appropriate pictures to make block jigsaw.
- In the glove box: a small container or sandwich bag of tasty finger food or dried fruit, which could be handed out for not asking how far to go till we hit the next town or whatever.

- Bi-carb soda to take the smell out of carsick spots
- Sticker fun book
- Road Safety activity books, etc – supplied by Macquarie University.
- Plastic cups and fresh water bottles for hot days to stop dehydration.
- A stable table.
- Colouring-in books and pencils or colour-by-number style.
- Talking books (from libraries); books that you read along with tapes.
- Walkmans with headphones!

HANDBAG

- A few bandaids (preferably those with animal and colourful strips), useful to give kids to try to open them to fill in time such as when they're in a super-market trolley.
- An old wallet (maybe with play money).
- A small inexpensive working calculator.
- Some little handheld computer game.
- Old set of keys.
- A spare pack of baby wipes or moist towelettes.
- Maybe a small safe container with dried fruit

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Children's Interest Inventory

Acting	Electricity	Poetry
Aeroplanes	Electronics	Puppet
Aquariums	Fishing	Puzzles
Art	Football	Radio & crystal sets
Astronomy	Gardening	Reading books
Balloons	Geography	Remote control cars
Barbies	Handy man jobs	Roller blading
Baseball	Hair brushing	Running
Baseball cards	Hiking	Science fiction
Bike riding	History	Scouts & guides
Bird watching	Insects	Sea shell collecting
Board games	Internet	Sewing
Boats	Kites	Singing
Bushwalks	Lego blocks	Skateboarding
Card games	Lizards	Skating
Carpentry	Magic	Soccer
Cars and trucks	Magnets	Stamp collecting
Chemistry	Make-believe	Storms
Clay modelling	Make-up	Storytelling
Climbing	Map reading	Stuffed animals
Clock collecting	Marbles	Swimming
Clothes	Martial arts	T-Ball
Coin collecting	Mechanics	Telephoning
Colouring in	Microscopes	Television
Computers	Miniature soldiers	Telling jokes
Cooking	Model making	Travelling
Cubby building	Money making	Video games
Dancing	Movies	Water
Digging (sand play)	Music	Weather forecasting
Dinosaurs	Pet care	Writing stories
Dolls	Photography	Yoyos
Drawing	Photo framing	Yoyo diabolo

Home brewed favourites: