PRINTABLES GENIUS SHEET

OUR PRINTABLES ARE TRIED AND TRUE AND BUILT BY PARENTS IN THE THICK OF RAISING KIDS.

We've kept them simple, so you can add your own personal tweaks, and tailor them to your life.

Life with kids is like a constant update, so print them out as many times as you need to change the plan. There's no need to squish in new info and cross old stuff out.

Try these genius tips:

1. Use different coloured pens for different kids if you need to combine everyone on a single chart. Consider following these colours through to everything else (lunchboxes, drink bottles, bags, name tags).

2. Print several at a time and staple/clip together so you have a fresh chart when needed, and you have the old one still there to refer to.

3. Laminate and use a wipeable pen if you need to tick or regularly add your own scribbles to the chart. Handy too for minor tweaks.

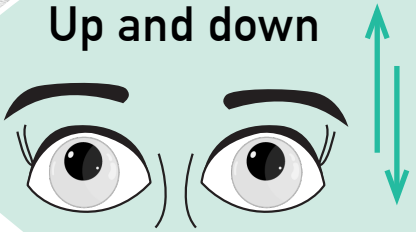
4. Establish a "family command centre" to stick up your printables. This way everyone knows where to find the info.

Different ways to display your charts:

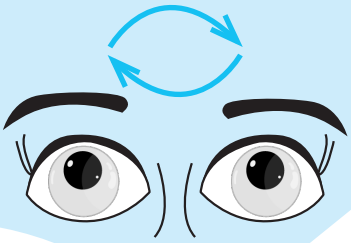
- Magnets on the fridge or magnetised board.
- Pegs on string or wire.
- Pins on a pin board.
- Velcro dots on a wall, fabric board, or a carpet square on the wall.
- Use picture frames on the wall and pop your charts into these.
- Think transportable, and slip charts into clear plastic folders and keep a neat stack on your command centre, office, or somewhere visible on the kitchen bench.
- Using a photo album, create a chart book. Make sure everyone can access it when they need to. Make your book look beautiful and easy to spot.

EYE YOGA

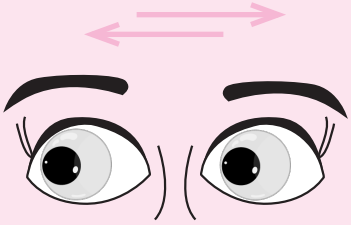
Up and down



Rotations clockwise

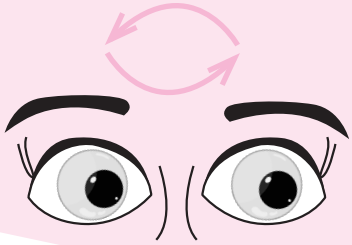


Side to side

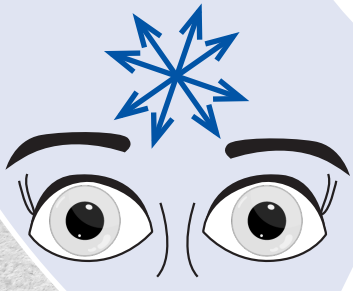


Take a break from the screen and give your eyes a gentle workout with these simple exercises. Do each exercise five times!

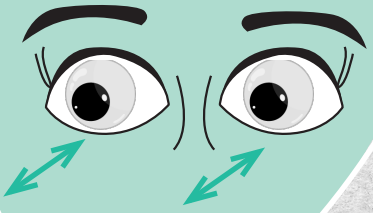
Rotations counter-clockwise



Blinking



Sideways left



Sideways right

