

clutter  
rescue

*Your  
Time:*

101 Things to Do with the Kids  
to give Mum a Break



Fabulous ideas to give Mum a break  
so she can refill her tank!

## Things to do with Dad

- See a movie
- Go to the park
- Go to a new park
- Go to a fair/fete in your local area
- Take your child to their friend's birthday party
- Go birthday/Christmas/Mother's Day present shopping
- Go to some of the free events created for children that are held during the school holidays
- Take your bikes out for a ride
- Visit Grandma/Grandad/favourite relative or friend
- Go to a concert or performance
- Go for a 'Daddy and me' lunch
- Go bowling
- Plant a vegetable patch

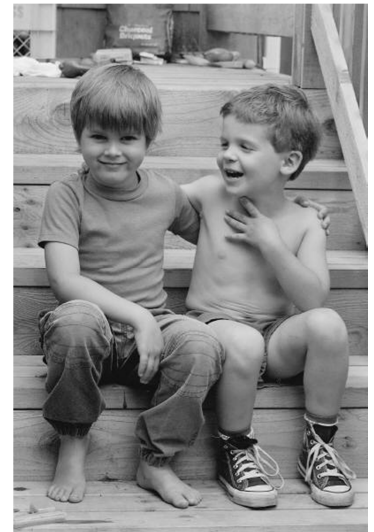


## In the garden

- Go to the nursery and pick out some new plants for the garden
- While you're at the nursery, pick up a bunch of flowers or potted flowers for Mum
- Take the plants home, dig the holes and plant your new purchases together
- Plant a vegetable patch (the chef in your home will love it as they will have fresh produce to use!)
- Trim the trees, mow the lawn, trim the edges (yes, kids can help!)

## Things to do with friends

- See a movie
- Go to the park
- Go to a new park
- Have a play date
- Go to a concert or performance
- Build a kite
- Go go-carting
- Go to the beach
- Play dress-ups
- Go for a boat ride
- Go for a bike ride
- Climb a mountain
- Go away for the weekend



## Couple time (For when the kids are off your hands!)

- Have a child-less night away
- Have a child-less two nights away!
- Do your favourite sporting activity together
- Go out to dinner with friends
- Get a couple's massage
- Climb a bridge (such as The Story Bridge or Sydney Harbour Bridge)
- Go on a river cruise
- Go out for dinner
- See a movie
- Have a "wine and cheese night in"
- Go for a sunset picnic
- Go for a lunch picnic
- Visit the Art Gallery
- Visit the Museum
- Go to Happy Hour at your favourite haunt



- Visit friends
- Go roller skating
- Go to a local event that you are both interested in
- Go see a show
- Go to a concert

## In the kitchen



- Cook Mum breakfast in bed
- Involve the kids and do some cooking. Make their favourite snack or cake (healthy option of course!).
- Wash up
- Make the kids lunch for school
- Plan dinner
- Get dinner started (chop the veges, put the roast in the oven, etc)
- Do online grocery shopping
- Get the kids to set the table
- Get the kids to clear the table
- Have a BBQ night once a week

## In the backyard

- Wash the car
- Vacuum the car
- Play football, jump on the trampoline or play cricket – whichever sport you and your kids enjoy
- Wash the dog
- Ride your bike
- Fly a kite
- Make paper planes and see how well they fly
- Get creative! Do some painting or arts and crafts





## In your child's bedroom

- Tidy up all the toys
- Put the washing in the laundry basket
- Change the bed
- Make the bed
- Go through all of your children's clothes to see what fits or is too small
- Take the 'too small' clothes pile to your favourite charity
- Pick up all the clothes and shoes off the floor and put them away
- Play a board game
- Do a puzzle
- Help start – and finish - homework
- Get clothes and shoes ready for school/childcare
- Go through the old toys that are broken or grown out of. Donate the 'grown out of' pile to your favourite charity.

## Crossing off the 'to do' list

- Grocery shop
- Pay the bills
- Collect the mail
- Run some errands
- Get the kids hair cut
- Take the rubbish out





# About the Author

## About the Author

Helen Butler is an Australian Professional Organiser whose business *Clutter Rescue* works with women to declutter and organise their homes and lives.

Helen is an Accredited Expert Professional Organiser with The Australasian Association of Professional Organisers (AAPO).

She runs organising workshops, writes, presents at Conferences and consults with clients on their organising needs, helping them achieve clarity in their lives through systems that work for them and their organising style.



## Clutter Rescue

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Helen works with her clients to clarify their vision of an organised home and works side-by-side with them to achieve this vision.

Helen holds a *Master of Business Administration* and a *Graduate Diploma of Education* and has volunteered for The Australasian Association of Professional Organisers for a number of years.

You are invited to visit [www.clutterrescue.com.au](http://www.clutterrescue.com.au) where you can download your free copy of *An Insiders Guide to a Clutter Free Life*.

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