

Small Space. Short Time. Real Connection.



*You don't need a big outing to make the time meaningful.
Children remember how the time felt more than how much you did.*



Sit together. Talk. Laugh.
Sometimes, that's enough.



IDEAS FOR LIMITED TIME OR SPACE VISITS



CHEAP + SILLY

Low cost. High fun.
No stress if it breaks
or gets lost.



- Flying toys from Kmart
- Bubbles
- Paper planes
- Chalk
- Cards

**\$3
FUN!**

MOVE TOGETHER

Energy out.
Connection in.



- Swing
- Kick a ball
- Race
- Chase games
- Wrestle (if appropriate)

MAKE SOMETHING

Create. Build.
Imagine together.



- Drawing
- Lego
- Paper crafts
- Build a challenge
- Colouring

JUST BE TOGETHER

Slow down.
Be present.



- Sit on a swing
- Snack together
- Watch the world
- Talk or be quiet
- Enjoy the moment



LET THEM LEAD

Follow their ideas.
Follow their energy.

- Ask: "What do you feel like doing?"
- Give choices
- Go with it
- Change is okay



KEEP IT SIMPLE

You don't need a perfect plan.
You need presence.



- Simple things
- Easy snacks
- Kind words
- Your time
- Their joy



*Don't judge the visit by how much you did.
Judge it by how connected you felt.*



Cheap can be
freeing.
Keep it light.



Laughter
builds bonds.



Little time
can still mean
a lot.



Connection
is the point,
not perfection.



They just want
to feel seen,
safe and loved.



Back to the Child
No blame. No shame. No sides.



backtothechildproject.org