

Relax and Distract



If you can help your child relax, it will make a big difference to how they cope with treatments. Distraction is a handy tool to use where a procedure may hurt and this glitter jar works a treat!

You can personalise it with different colours and styles of glitters and if you like, add some stickers to the outside.

When kids can prepare through play, it works to desensitise them as well as providing an opportunity to ask questions.



You'll need:

- A plastic container – ask your doctor if you can have a collection jar or use a washed drink bottle
- Baby oil or glycerine
- Glitter of your choice
- Food colouring
- Water
- Glue or tape to seal lid

What to do:

Partly fill your container with water and add some baby oil or glycerine. This helps to slow down the glitter moving through the liquid – the thicker the liquid, the slower it moves.

Add your choice of glitter and food colouring, close the lid and shake it a little. Play with the amount of baby oil/glycerine, glitter and colouring until you are happy with it. Then use glue or tape to seal the lid on.

Now, watch the glitter as you slowly tip the container up and down and feel the calm wash over you!

Make sure you supervise younger children closely and put down something to protect surfaces as you work.

How did you go?

We'd love to see your creation. Share with us on facebook or Instagram by tagging **@teacht** or email it to us at **chat@teacht.com.au**

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