

Date: 6 March 2020 (Week 6)

### What's on this week at Culture Drop?

- Chat about the newsletter. Any questions or feedback, please come and talk to me.
- *Imagination Library*: A free, monthly home delivered book program for kids 0-5 years old. If you haven't registered yet, please let me know.
- Anyone tried to make playdough at home? Please bring it in then we can make a rainbow coloured playdough.



### Did you know?

There is nothing better than an apple picked directly from the tree. These orchards are all a short drive away from Sydney. I, personally loved taking my kids to *Pick-Your-Own* orchards so that we could all enjoy the freshest and juiciest fruit plus having so much fun in the nature. For more info, click [here](#).



### Self-Care

Have you ever struggled with feelings of guilt when you take time away from your children to practice self-care?

Or, do you feel like you have to do something with your child all the time? If so, you might end-up feeling stressed and bad-tempered. It's time to put self-care on your to-do list! Remember, when you are a happy Mum or Dad, your child will be happy too.



### Would you and your kids like to visit a farm?

Get up close to a range of native and farmyard animals, at the farm you can feed the nursery animals and join in on their shows and demonstrations. You could:

- Bottle feed baby goats and sheep
- Hold and cuddle baby chicks
- Milk a cow etc.

For more, click [Golden Ridge Animal Farm](#)

For more, click [Calmsley Hill City Farm](#)

