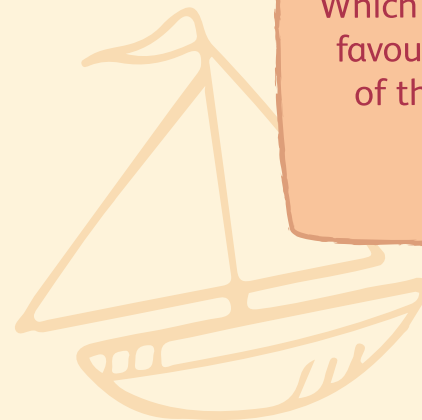
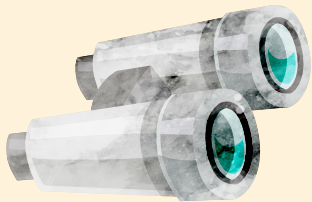
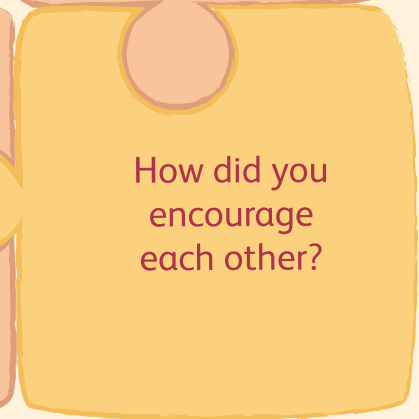
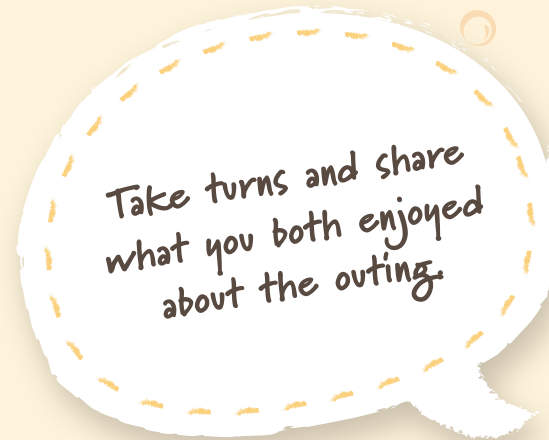


# New Experience for Us!



Pick an activity or experience that is new for both you and your little one. New experiences are much less scary (and more fun!) when your little one knows they have someone they can trust.



Inspire and share your belief in growing up together naturally with fellow mums!

Share your journey on **Facebook** or **Instagram** with the hashtags **#inspiredbyfrisogold** **#newthingswithmum** **#mumsgrowtoo**

# Pledge of Independence

Your little one is more capable than you know. Encourage them by asking them to take a pledge of their goal and help them achieve it.

(For Kid)

I want to be

---

To do this, I need to

---

(Describe the steps)

I want my parents to help me in

---

(How can my parents help?)



**Friso**  
GOLD®

(For Kid)

I pledge to...

---

---

---

(For Parents)

We will support you by...

---

---

---

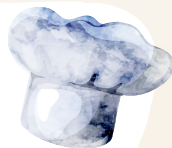


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# Baking Outside of The Box

Today I want to bake...



In the shape of a...

Draw here



## Tip For Parents

Have fun and let go of the reins! Remember, it's not about being perfect, as long as you both had fun doing it!

**Friso**  
GOLD®

## The Master Chef

This award goes to \_\_\_\_\_

for completing the baking mission!

Awarded by: \_\_\_\_\_

Date: \_\_\_\_\_



## The Fun Master

This award goes to \_\_\_\_\_

for completing the baking mission!

Awarded by: \_\_\_\_\_

Date: \_\_\_\_\_



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Share your journey on **Facebook** or **Instagram** with the hashtags **#inspiredbyfrisogold** **#bakingoutofthebox** **#mumsgrowtoo**

# Let's Make A Coin Box!



Working on projects together not just cultivate teamwork but allows you to bond with your little one. For this activity, work together to create a saving box!

## For Parents:

### Things you'll need

- Friso Gold Can/Box
- Scissors/Cutter
- Glue
- Marker Pens

## For Kids:

### Things you'll need

- Your favourite stickers
- Anything you want to decorate with!

Take a look at what we made!

## Steps:



### CUT A SLOT

for the coin on the top lid of the can/box.



### WORK WITH

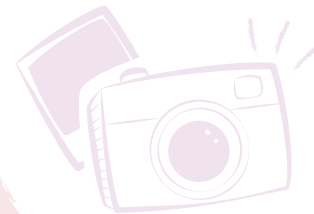
your little one to create their coin bank!



### TAKE A PICTURE

of your finished product!

Insert the photo here



## Tip for Parents

Be available for any creative input, but let your child lead the way!



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# If I Could Make Anything ...

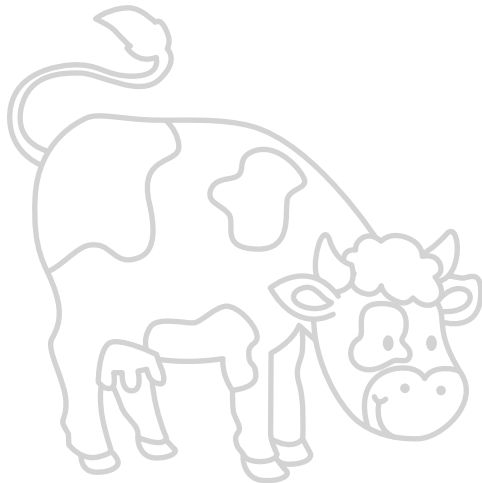
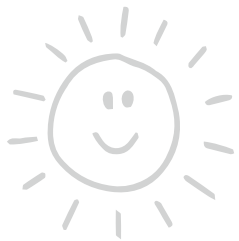


Let your little one expand their creativity! Get them to colour the picture below and draw in anything they want!



## Tip For Parents

Ask them to draw what animals or characters they would have in their farm. Whether it's a cow or even a tiger, just go along with it and enjoy!



# Time to Get Wild!

Mark the dates and make special outings with you and your little one to explore more about the wonders of nature!



Block This Date

day month

We are going to \_\_\_\_\_

Draw 2 of your favourite plants or animals on your trip!

Draw here

Draw here

How did you feel?



Happy



Sad



Angry



Worried



Scared



Tired



Excited



Funny



Lovely



## Tip for Parents

Show interest in your little one! Chat with your little one about what happened on your trip. Watching you get excited about their stories teaches them that change and new experiences can be a good thing.



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Share your journey on **Facebook** or **Instagram** with the hashtags **#inspiredbyfrisogold** **#getwildwithmum** **#mumsgrowtoo**