

# PRINTABLES GENIUS SHEET

**OUR PRINTABLES ARE TRIED AND TRUE AND  
BUILT BY PARENTS IN THE THICK OF RAISING KIDS.**

**We've kept them simple, so you can add your own personal tweaks, and tailor them to your life.**

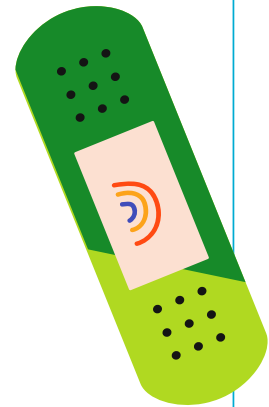
**Life with kids is like a constant update, so print them out as many times as you need to change the plan. There's no need to squish in new info and cross old stuff out.**

## **Try these genius tips:**

1. Use different coloured pens for different kids if you need to combine everyone on a single chart. Consider following these colours through to everything else (lunchboxes, drink bottles, bags, name tags).
2. Print several at a time and staple/clip together so you have a fresh chart when needed, and you have the old one still there to refer to.
3. Laminate and use a wipeable pen if you need to tick or regularly add your own scribbles to the chart. Handy too for minor tweaks.
4. Establish a "family command centre" to stick up your printables. This way everyone knows where to find the info.

## **Different ways to display your charts:**

- Magnets on the fridge or magnetised board.
- Pegs on string or wire.
- Pins on a pin board.
- Velcro dots on a wall, fabric board, or a carpet square on the wall.
- Use picture frames on the wall and pop your charts into these.
- Think transportable, and slip charts into clear plastic folders and keep a neat stack on your command centre, office, or somewhere visible on the kitchen bench.
- Using a photo album, create a chart book. Make sure everyone can access it when they need to. Make your book look beautiful and easy to spot.



# FIRST AID ESSENTIALS

Our checklist of everything you need when travelling with kids.

## BASIC SUPPLIES

- Plasters (in various sizes)
- Sterile gauze pads and tape
- Antiseptic wipes
- Antibacterial cream (Savlon or Betadine)
- Tweezers
- Small scissors
- Disposable gloves

## MEDICATION

- Paracetamol and ibuprofen
- Antihistamines (for allergies, bites, stings)
- Anti-diarrhoea tablets (such as Imodium)
- Anti-nausea tablets (discuss with your GP)
- Electrolyte powder or tablets
- Motion sickness tablets
- Insect bite and sting relief
- Vitamins
- Any prescription medications (in original packaging)

## TROPICAL MUST-HAVES

- High-SPF sunscreen for face and body
- After-sun gel or aloe vera
- Insect repellent
- Lip balm with SPF
- Antibacterial hand sanitiser or sanitising wipes

## WINTRY MUST-HAVES

- Cold and flu tablets (day/night formulas)
- Cough drops or throat lozenges
- Decongestant nasal spray

## OTHER...

---

---

---

---

---

---

---

---

---

---

