



Tender Hearts Child Therapy Center

Parent Newsletter

July 2012

Make Your Own Band Contest

As we announced in our May newsletter, Tender Hearts is now sponsoring our Stronger Families Campaign. Each month, we will be promoting a different contest that encourages parents and kids to participate in an exciting, creative activity together! We are excited to announce the theme of the newest contest- a Make Your Own Band Contest! Listed below are some creative ideas for creating musical instruments from household items. Create some instruments with your children, and get jammin'! Send us a picture of your musical instruments and be entered to win a **\$25 Toys R Us Gift Card**.

(Send pictures to TenderHearts@TenderHeartsChildTherapyCenter.com. Contest ends August 31, 2012.)

Please forward the contest to friends and family as you wish—we want to encourage as many parents as possible to spend quality one-on-one time with their kids this summer!

TAMBOURINE

Staple or glue two paper plates together, facing each other. Using a hole punch, make holes around the plates and tie jingle bells to the holes with string. Decorate the tambourine with crayons. Shake to play.

DRUM

Decorate an oatmeal box by covering it with construction paper and coloring it with crayons for a colorful effect. Use a pen to make a hole in the center of the cover and in the center of the bottom of the box. Through these holes, pull a piece of yarn long enough to hang around child's neck and down to their waist. For the drumsticks use new pencils. Beat to play.

HORN

Cover one end of a paper towel roll with waxed paper; secure it with a rubber band. Punch a row of holes along one side of the roll with the tip of a pen. To play, sing a tune into the open end of the horn.

GUITAR

Remove the cover from an empty shoe box. Stretch rubber bands around the box. Attach a ruler or stick to the back of the box on one end to act as the arm of the guitar. To play, strum or pluck the rubber bands.

HAND BELLS

Punch a hole in each end of two paper towel rolls. Tie two jingle bells to each side of the paper towel rolls by running string or yarn through the holes and carefully tying off. Shake to play.