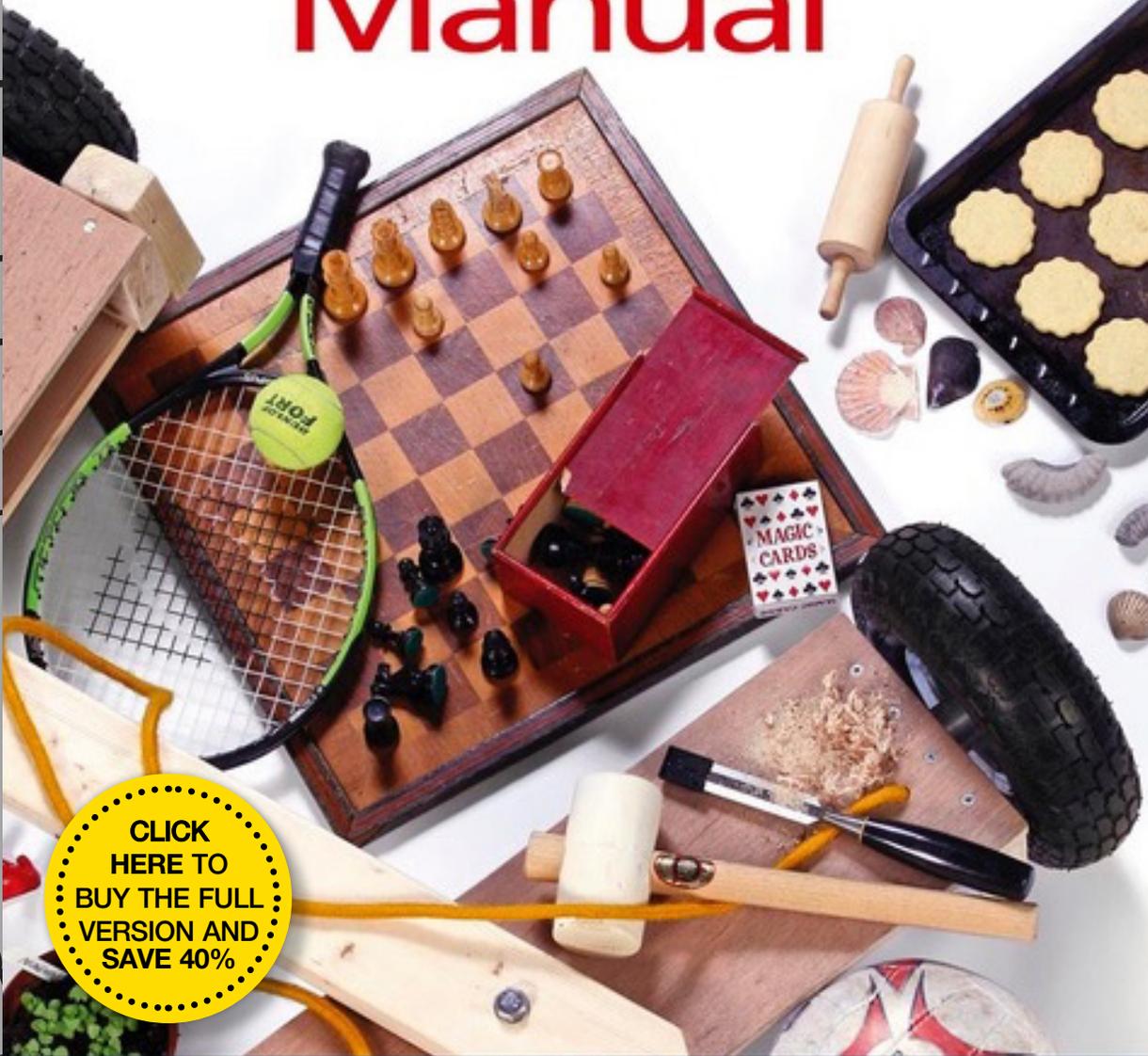
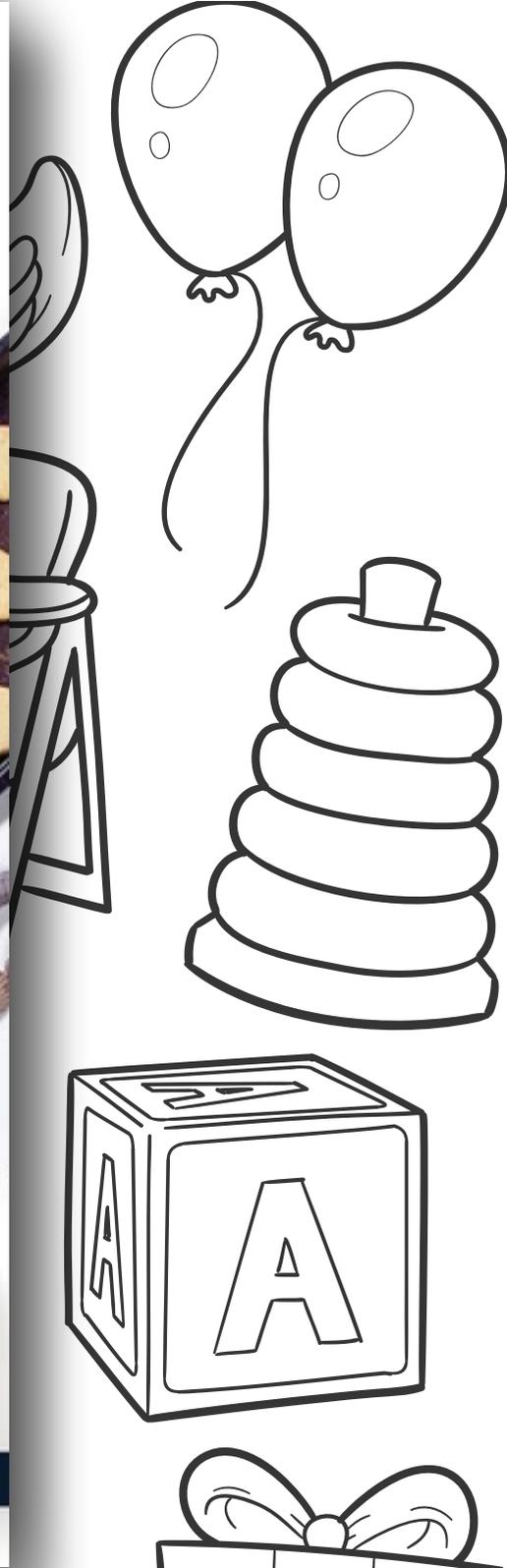


The **DAD** Manual



**CLICK
HERE TO
BUY THE FULL
VERSION AND
SAVE 40%**

HOW TO BE A BRILLIANT FATHER



Contents

6 How to be a brilliant father

10 Making toys

Stilts	12
Bows and arrows	14
Targets	16
Clothes peg catapult	17
Periscope	18
Pizza plane	20
Balsa glider	22
Kite	24

26 Simple fun

Fun with a magnifying glass	28
Making animals from paper	30
Making animals from papier mâché	32
Making a treasure chest	34
Taking things apart	38

40 Skills

Riding a bike: getting started	42
Riding a bike: fixing problems	44
Skateboarding: getting started	48
Skateboarding: essential tricks	50
Tying knots	52
Juggling basics	56

58 Sports basics

Football	60
Cricket	62
Rugby	64
Tennis	66
French cricket	68
Badminton	68
Rounders	69
Table tennis	69

70 Games

Card games	72
Chess	74
Dice games	77
Pen and paper games	78
Battleships and Dead Ducks	80
Games for a car journey	82
Treasure hunt	84
Marbles	88

90 Tricks

Conjuring tricks	92
Card tricks	94
Coin tricks	98
Secret codes	100

102 Out and about

On the beach	104
Woodlands, parks and countryside	108
Birdwatching	112
Sky at night	114

118 Kitchen fun

Let's get cooking	120
Yummy snacks	121
Pizza mania	126
Quick mid-week meals	128
Wet afternoon baking	132
Easy roast dinner	134

138 Growing fun things

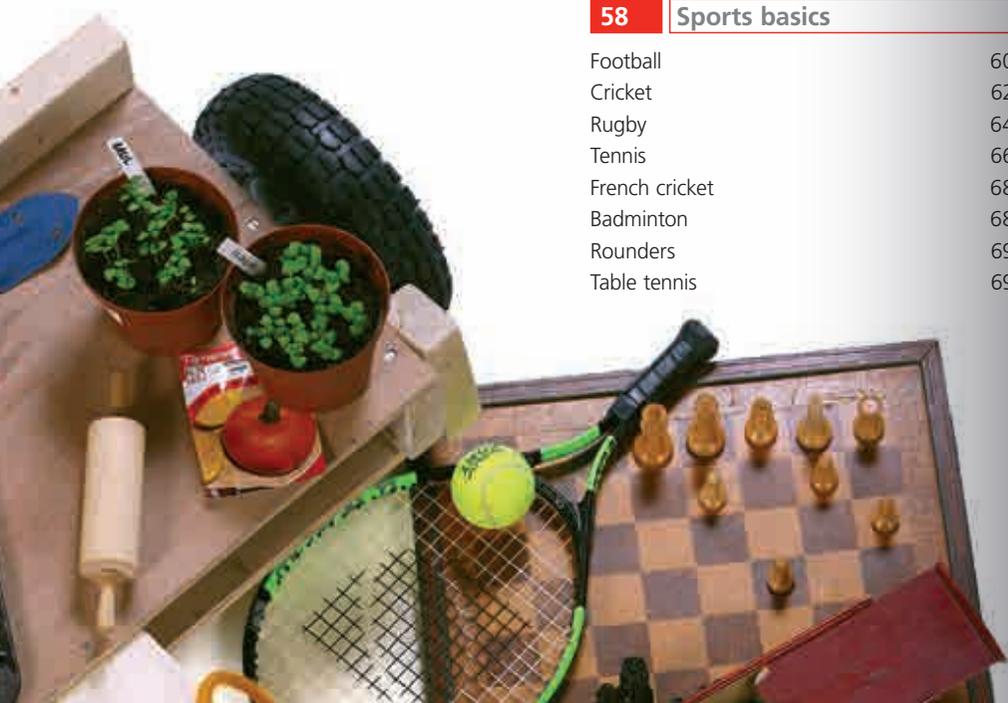
Gardening basics	140
Making a vegetable plot	142
Delicious pots	144
Water for wildlife	150
Flower power	152

154 Building things

Go-kart	156
Playhouse	164
See-saw	170
Rope ladder	174
Doll's house	176
Ramps for bikes and skateboards	182
Model railway layout	194

200 How things work

Car engine	202
Aeroplane	204
Electricity	206
Telephone	208
Radio	210
Television	212
Computers	214



Minibeast hunt

You need no expertise to find and observe minibeasts, and no special equipment. The best times to look for minibeasts are spring, summer and early autumn. Look under logs and stones. In the UK there are no minibeasts that will hurt you (other than a little nip if you're rough with them), so there's no need to be afraid.

Keep your eyes open for a variety of spiders, ants, millipedes, centipedes, beetles, woodlice and pill bugs (like woodlice, but they can roll up into a ball). You can tell children going through a dinosaur phase that their favourite dinosaurs would have probably recognised woodlice, as their ancestors have been scuttling around the earth for millions of years.

Don't worry about knowing exactly what the creatures are. Chat over what they look like, what they're doing, and the way they move. You can always pick up a reference book at the local library or bookshop if anyone wants to follow the subject up. Look at the colouring too; many woodland insects and minibeasts are brown, whereas on grassland they're often green. If they're red, it's often nature's way of saying 'Don't eat me, I'm poisonous!'

Handle them all carefully, and when you've looked at them put them back. Let them crawl onto a piece of paper if you want to look at them closely. Let them crawl onto you if you're brave. If you have a camera you could try to take a photo, both of the creature and where it was living.

Is it OK to take some creatures home? No – they shouldn't be removed from their natural environment, and most would quickly die. There's a nice saying: take nothing but photos, leave nothing but footprints.

It's also worth remembering that some minibeasts and insects, such as the stag beetle, are protected by law, and it's an offence to disturb them.



WHAT'S THE DIFFERENCE BETWEEN MILLIPEDES AND CENTIPEDES?

'Millipede' means a thousand legs, 'centipede' mean a hundred legs, but they don't actually have that many. Look at one segment of the creature's body: if you can see two pairs of legs per segment it's a millipede; one pair per segment means it's a centipede. But the real giveaway is the way they move. Millipedes are slow-moving, as they eat plants and organic debris, but centipedes are fast-moving predators.



INTERESTED IN SPIDERS?

If you wait long enough in the woods you'll see hunting spiders on the ground. You may spot a wolf spider (there are various types) carrying a big white egg sac. Don't disturb her or she'll dump the eggs. A scary detail that will delight children: wolf spider mums eat the dads. They carry the eggs, then carry the babies on their backs, sometimes for weeks. And then the babies sometimes eat the mother.

To see a great selection of different shapes of web, one of the best places to look is in a garden shed. If you see a funnel-shaped web, you've probably found a funnel spider – tickle the edge with a feather and see if it'll come out thinking you're dinner.



HOMES IN HOLES

- Rabbit holes: smaller than a dinner plate, usually more like a side plate. Look for rabbit droppings around the entrance.
- Rodent holes: golf-ball size holes could be for a mouse, weasel, vole or stoat; near a riverbank and a little larger it could be for a water vole.
- Fox holes: dinner plate size and very smelly.
- Badger holes: larger than a dinner plate. An active sett usually has clear paths and a mound of earth outside. Badgers use the same paths under hedgerows and fences. If there's barbed wire you may see some badger hair on it. Badgers clean their holes each spring and you may see their old chucked-out bedding. They also have their own special toilet, usually a little hole near the sett.

Who's been here then?

Look out for evidence of animals. Nuts broken in half probably means squirrels, but if they've been nibbled it's probably a mouse or a vole. If you find pine cones eaten away down to the core it's probably a squirrel; look out for his special eating spot too – squirrels like to sit on a favourite log for their meals. Like children, they make quite a mess and don't tidy up afterwards.

Kids find animal poo funny and interesting. There's the 'ugh, disgusting' factor, and the inquisitive side too. You can encourage both. For example, show them hedgehog poo, which looks like a black slug and smells like something else, and try to find some owl pellets at the foot of an old tree (don't make too much noise, as the owl may be dozing up above); then take them away and break them up to see what was on the menu.

If you can find droppings you may also be able to find animal tracks, and the paths they make through the undergrowth. Some routes are like major roads, worn away by loads of animal traffic.



HOW TO MAKE A NOISE WITH GRASS

- Pull out a piece of grass about 10cm long and at least 3mm wide.
- With your palms together, hold the bottom end of the grass between the heels of your thumbs. Hold the top taut between the tops of your thumbs (it may be easier to position it with your forefingers first).
- Now blow, gently and then more firmly, with your lips over your thumbs and your breath going over the blade of grass.
- You should get a nice whistling or screeching sound, which will carry a long way.

Woodland games

CAPTURE

Four or more players – the more the merrier! Great for outdoor rough and tumble at any age, this is best played in a woodland or park with lots of hiding places.

You have a base that's a prison. One team are the catchers, and the other team hides. The catchers have to find them and escort any prisoners to the prison. Catching can involve some rough and tumble, but it can be made less scary for younger children by just having two or more catchers make a ring around them.

Prisoners have to stay in prison until they're released by one of their team, who has to touch the captive without getting caught doing so. Catchers can stay on guard at the prison. The teams swap roles when everyone's been caught or when people want a change.

FORTY FORTY OR POM POM

Three or more players. Excellent for young children, teenagers and adults too.

This game can be quite quick, and you'll want to play it again and again. It works best in woodland, parks with open areas and occasional bushes and trees, and beaches with few people and lots of rocks to hide behind.

Choose a tree or rock as base. The person who's 'on' counts slowly to 40 while the others hide. His aim is to find them; their aim is to creep back unnoticed. As soon as the seeker has spotted someone hiding or running back, he shouts 'Forty Forty' (or 'Pom Pom') and 'I see...' plus the person's name, and then dashes back to base – and the person who's been spotted tries to get back first, shouting 'Forty Forty Home' if he succeeds. If he doesn't get there first, he has to stay there as a prisoner. If he is there first, he's home safe and stays until the end of the game.

The person who's 'on' mustn't stay at the base for very long. The best games are when he moves away from base to entice people to break cover.

The game is over when everyone has either reached home safe or been caught by the hunter getting there first. In some versions of the game, someone getting home without being caught can release all the prisoners (saying 'Forty Forty Release') and they can all go off again, but if they're named they have to rush back to base or be caught again.

The Italian favourite

Everyone loves a pizza and they're fun to make. Just remember that you need to start preparing it some time ahead, to allow time for the dough to rise before rolling it out. You can go off and get on with doing something else in the meantime. The following recipe makes a thick-crust pizza large enough to serve four. If you prefer thin crust, divide the dough in half and roll out two pizza bases. Alternatively, you could make four individual pizzas, each about 18cm (7 inch) across.



SERVES
2-4

Ingredients

- 375g (13oz) strong white bread flour, plus extra for kneading
- 1 teaspoon salt
- 1 sachet (about 7g) of easy-blend dried yeast
- 1 teaspoon caster sugar
- 1 tablespoon oil
- 250ml (9fl oz) warm (hand-hot) water



Toppings



- 200g jar pizza sauce or passata topping
- Pinch of oregano, basil or mixed herbs (optional)
- 140g (5oz) mozzarella or Cheddar cheese, grated or thinly sliced

Plus your choice of:

- diced courgettes or peppers
- sliced mushrooms or tomatoes
- sweetcorn
- pineapple pieces (fresh or canned)
- thinly sliced salami, pepperoni, ham, spicy chicken or cooked bacon, cut into strips
- chunks of tuna or anchovy fillets
- 2 tablespoons pesto sauce or humous
- a few pitted black olives



1 Put the flour, salt, yeast and sugar in a large mixing bowl. Add the oil to the warm water and gradually mix in with a round-bladed knife, to make a soft but not sticky dough. Add a little more water if the dough feels too dry. The water needs to be warm (hand-hot) to activate the yeast. If it is too hot it will kill the yeast.



2 Sprinkle the work surface with a little flour then knead the dough for 5 minutes using the heel of your hand, until smooth and stretchy.

3 Place the dough in a large, lightly oiled bowl, cover with cling film or a clean tea towel and leave to rise in a warm place (somewhere in the kitchen, near a radiator, or in the airing cupboard) for about an hour or until doubled in size.



4 Turn the risen dough out onto the lightly floured work surface and knock it back, then knead very lightly.

5 Roll out or press into a round, about 30cm (12 inch) in diameter, and transfer to a non-stick baking sheet.



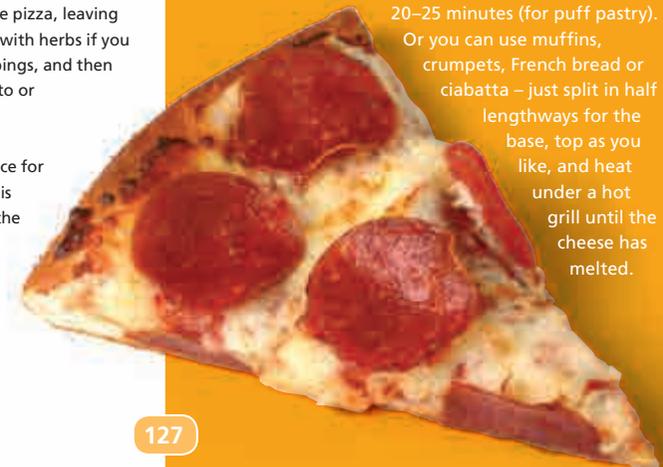
6 Spread the sauce or passata onto the pizza, leaving a border around the edge. Sprinkle with herbs if you want to, scatter over your choice of toppings, and then sprinkle with grated cheese. If using pesto or humous, simply dot it on randomly.

7 Leave the pizza to rise in a warm place for about 20 minutes or until the bread is puffy around the edges. Meanwhile set the oven to 220°C (fan oven 200°C), gas 7.

8 Bake the pizza for 12–15 minutes until the crust is golden and the cheese has melted. Cut into wedges and serve warm.

Other ideas

- To make a Four Seasons pizza, cover each quarter with different toppings.
- For a cheese crust pizza, roll out the dough into a 40cm (15 inch) round. Scatter 140g (5oz) of grated mozzarella around the edge, leaving a 5cm (2 inch) border. Dampen the inner edge of the cheese ring then bring the outer edge over to cover the cheese. Press down firmly to seal the cheese inside the dough. Carefully turn the pizza over on to a baking sheet so that the joins are underneath. Top as you like, then continue as above.
- To make calzone, make four individual pizzas, each about 18cm (7 inch) in diameter, then simply fold the topped pizzas in half and seal the edges with water to make pizza-style parcels, like Cornish pasties. Leave to rise then bake as in the main recipe.
- To make your own tomato sauce topping, simmer a 400g can of chopped tomatoes, with 3 tablespoons of tomato purée and herbs to season for about 10 minutes until thick.
- To make a monster or teddy bear face, cut the toppings into face features. You can also make a teddy bear template to cut out the shape of the pizza dough.
- For really fast pizzas, add toppings to ready-made pizza bases or ready-rolled puff pastry then bake in a hot oven for 10–15 minutes (for pizza bases) or 20–25 minutes (for puff pastry). Or you can use muffins, crumpets, French bread or ciabatta – just split in half lengthways for the base, top as you like, and heat under a hot grill until the cheese has melted.



© Haynes Publishing 2007

All rights reserved. No part of this publication may be reproduced or stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission in writing from Haynes Publishing.

Published in September 2007
Reprinted 2009, 2010, 2013 (twice), 2014 and 2016

A catalogue record for this book is available from the British Library

ISBN 978 0 85733 806 8

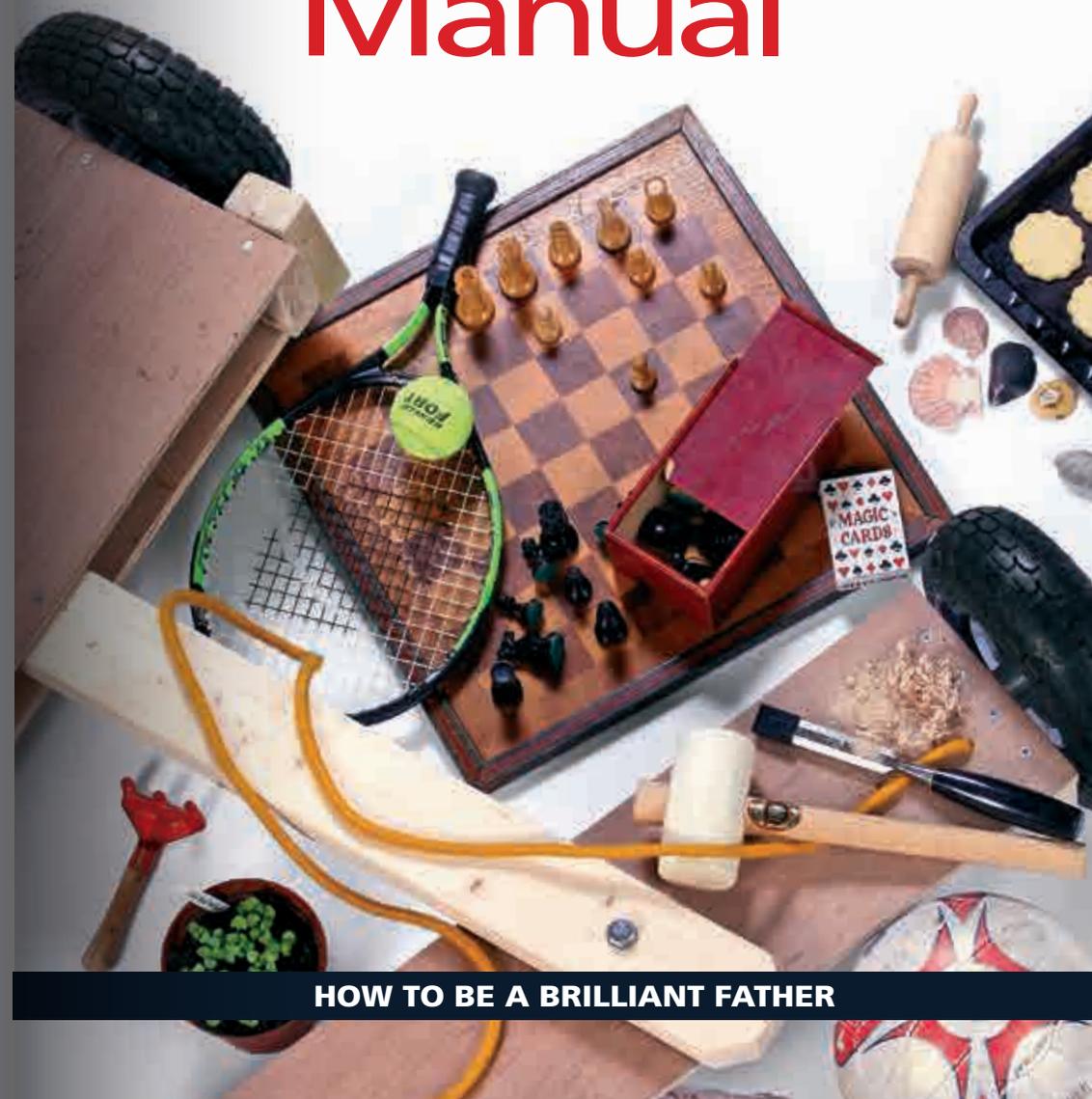
Library of Congress control no. 2007934588

Published by Haynes Publishing,
Sparkford, Yeovil, Somerset BA22 7JJ, UK
Tel: 01963 440635
Int. tel: +44 1963 440635
Website: www.haynes.co.uk

Haynes North America Inc.
861 Lawrence Drive, Newbury Park,
California 91320, USA

Printed and bound in the USA

The DAD Manual



HOW TO BE A BRILLIANT FATHER