

Tips for Extended Time at Home

- ★ Create a daily schedule for your family that includes: walks, exercise, meal times, academic time, creative time, chore time, quiet time, screen time, mindfulness, and bedtime. Consider working with your family to generate a schedule and post it for everyone to follow..
- ★ Set up a school/work space for your child to do their school work. Set up a work space for yourself to do your work.
- ★ Set firm and loving limits with children.
- ★ Set clear expectations about this extended time at home. Provide developmentally appropriate information about COVID-19 and what is going on. Check out this resource for more information:
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- ★ Take media breaks from the news.
- ★ Ideas for play at home:
 - Build a fort
 - Paint with various household objects
 - Make your own mandala and give it to someone else to color
 - Play board games
 - Trash can basketball
 - Cooking contest using only the items in your pantry
 - Make a scrapbook
 - Use tape to create a “laser” obstacle course down a hallway
 - Dance party
 - Pillow fight
 - Card games
 - Homemade playdough
 - Art
 - <https://www.youtube.com/user/ArtforKidsHub> “How to Draw” channel.
 - Write letters or send art to family and friends
 - Family talent show
- ★ Follow Child Mind Institute for daily tips on being home and coping:
<https://childmind.org/coping-during-covid-19-resources-for-parents/>
- ★ Stay in touch with family and friends virtually.
- ★ Schedule virtual playdates.
- ★ Generate a list with your child of ideas of how they may spend their time when they feel bored or lonely.

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- ★ Schedule parent self-care time.
- ★ Practice compassion in action:
 - Do some extra chores to earn money and donate it to an organization helping those most affected
 - Volunteer to do outdoor chores for neighbors
 - Use chalk to write/draw an encouraging message on a driveway or sidewalk (be sure to get permission where needed)
 - Post rotating encouraging messages for others to see in an apartment window or yard
 - Write letters to elders who cannot have visitors in nursing homes
- ★ Practice family mindfulness time:
 - Stop, Breathe & Think Kids app
 - Calm Kids app
 - YouTube Guided Meditations
 - Progressive Relaxations at bedtime
 - Create a zone for peace in the house with cozy things to snuggle and relax
 - Take a listening walk where you walk in silence noticing the sounds around you
 - Breathe, Think, Do app