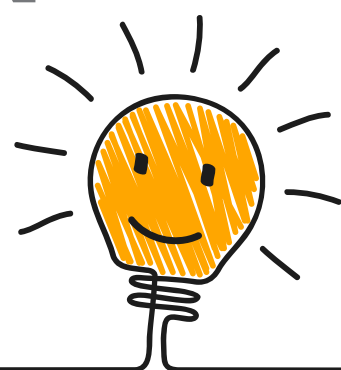


TOP TEN TIPS FOR STAYING AT HOME WITH YOUR CHILDREN DURING THE COVID-19 PANDEMIC



Dr. David Tranter, PhD

- 1 Create a Bubble of Physical and Psychological Safety.** Practice social distancing, not just from people, but from constant exposure to the news. Try to make your home a safe and positive place for your family.
- 2 Establish a Routine and Start as You Intend to Go On.** Work together with your children to create a reasonable and sustainable day to day routine. Try not to expect too little or too much from your children, or yourself.
- 3 Remember that Setbacks are Normal.** During times of major transition, we tend to have a honeymoon period where we are coping well, then a letdown period where we feel in less control, and then a reset period where we get back on track. Know that there will be ups and downs.
- 4 Practice “Good Enough” Parenting.** Maintain realistic expectations about yourself as a parent. You are stressed too, and you will likely not always be your best self. Your children don’t need you to be perfect, just good enough.
- 5 Know What You Can Control and What You Can’t.** Remember that stress comes from events that are beyond our control. To regain some sense of control, focus on what you have influence over, like connecting with your kids or keeping your household clean.
- 6 Set and Maintain Limits with Your Children.** Consider how much time you will allow them to be on social media; how much of your time you can realistically spend with them on structured activities each day, what chores you expect them to complete. Like a daily routine, structure and consistency helps with stress.
- 7 Don’t Turn Your Home into a School.** Learning can happen naturally with a little prompting. Kids are curious and like to solve problems. And most don’t like to complete worksheets. Help them get started and then see where they go.
- 8 There is Nothing Wrong with a Little Boredom.** Necessity truly is the mother of invention. When kids are bored, they often become creative. Try not to fill all of their time for them.
- 9 Get Active as Much as Possible.** You can still practice social distancing while outside. Break up the day by going for a walk or getting other forms of exercise.
- 10 Be Honest and Positive.** Your children look to you for reassurance and to know how to feel. They will also sense if you are not being truthful. Remain positive and acknowledge that this is a stressful time.