



# Tips for Families in the Age of COVID-19



Suddenly, the world has changed. We are working, parenting, partnering and connecting with our friends in new and different ways. Here are a few things we can do to make sure we take care of our families and ourselves:



**MAINTAIN RELATIONSHIPS**



**ESTABLISH PREDICTABLE ROUTINES**



**OFFER KIDS LIMITED CHOICES**



**PROVIDE EMOTIONAL & PHYSICAL SAFETY**



**MANAGE STRESS LEVELS**

## FAMILY MEETINGS



Kids need a chance to ask questions, talk about their feelings and have an idea what to expect going forward. Grieving is to be expected right now. Regular family meetings provide an opportunity to manage expectations and stay connected.

## ROUTINE



Establish a predictable (but not rigid) Monday through Friday routine for yourselves and the kids. Get dressed, do chores and walk the dog. Let children help build this routine so that they have a sense of control over their day.

## SLEEP



Children and teens need 10 to 13 hours of sleep each night according to the American Academy of Pediatrics. Adults need 8+ hours. Have a regular bedtime and wake up time for young children. Everyone sleeps better with cell phones and tablets out of bedrooms at night.

## LEARNING AND PLAY



Learning at home is different than learning in school. Depending on your child's age and personality, structure learning blocks throughout the day that encourage their love of learning. Build in several 15 to 30 minute play or exercise times throughout the day. Getting outside (with physical distancing) in mind will lift everyone's spirits.

## TOUCH



Kids (even teens) will likely need more physical reassurance than ever before. Practice great hygiene, while still hugging, high-fiving and wrestling with your kids.

## THE NEWS



Consider limiting access to TV news. TV news stations are all competing for your attention with scary, and at times, sensationalized coverage. The visual images children see stick in their memory and can be unsettling. Go to trusted sources and consider checking the news once in the morning and again in the evening for updates.

## SPACE



Build in alone time for everyone in the home each day to rest and regroup. We all need our own space to maintain our own mental health.