

# Finding Quiet in the Midst of Quarantine

In the midst of the COVID-19 quarantine with the whole family under the same roof it can be difficult to find the few minutes of quiet we desperately need in order to keep our jobs, our sanity, or to simply have a thoughtful conversation with our spouse. Here's a few tips to still get your to-do list done in the midst of space invasion.



1

## Create Structure

Create a list of your expectations for the day (work, home, meal prep, etc.) what do you need to accomplish and how much time is each going to take. If you work, schedule out the day with a combination of "office hours" and "home hours". Plan what your child will be doing to facilitate effective independent play while working and capitalize on nap time/ quiet time!



2

## Teach Independent Play

Independent play is a skill that must be learned, so be patient. Start by going through their toys. Rotate to keep toys novel and interesting, and limit so that they do not feel overwhelmed by choices. Independent play is an important skill to strengthen your child's creativity and imagination.



3

## Use Your Physical Environment

Set up a specific area, even if it's small, that the kids know is your quiet space. Whether working, on the phone, or trying to think when you are 'there', they are to be quiet. Develop a non-verbal "quiet" code. Consider wearing a silly hat or putting a red bow on the door when you are on a call and can't be bothered.



4

## Embrace Technology

If there was a time to lean into the help of technology, the time is now. We still believe there should be limits and it's use should be beneficial to your child's development, but it can be an enormous tool. Consider asking grandma to Facetime and read some books, play an educational game, or consider watching a nature documentary or PBS episode.



5

## Quality Time with your Kids

Just because we're all home together, all the time, doesn't mean that we giving our children the same level of attention and interaction they crave and need. Block off times of your day to give your total attention to your child. Filling their 'love tank' will better enable them to play independently when you need to step away for a bit.