

5 Tips for COVID-19 with Children at Home

Your child's whole life has recently changed drastically. We can expect that feelings of anxiety, confusion, and frustration will arise. How do we not only make it through COVID-19, but actually make the most of it?



1. Making the Most of It-

How many of us have said, "I would love to do more *fill in the blank* with my children, if I only had time"? One thing that coronavirus has gifted us is time at home.

Use this season to try some new rhythms in life. Now is a perfect opportunity to start incorporating those things that are important but often dismissed into your daily routine- exercise, arts/ music, or learning to cook healthy meals. Give your child the gift of new healthy habits and family memories.

2. Change your Mind Set-

As all of us are spending a little more time with our children we get to see both the pleasant and not so pleasant sides of each other. Instead of thinking of each tantrum or backtalk response as a point of frustration, think of it as an opportunity to patiently teach your child a better way. This is a unique time to equip your child with tools for life by teaching resiliency in the face of chaos and flexibility when situations are out of our control.



3. Create a Routine-

Giving your child structure may sound uptight when you're home all day, but it is ultimately the secret to making it through these days unscathed. Make a list with your child of all the things that they have to do each day and the things they'd like to do. Post it visually so that all can see, drawing pictures for young children. The simple act of crossing things off a list, even if it's just eating breakfast and getting changed, makes you feel productive and positive at the end of a day being locked inside.



4. Get Outside-

Fresh air and movement does wonders to improve our body's response to stress by decreasing cortisol and heart rate. Do your very best to get your children outside at least once a day for a walk, a family game of basketball, a bike ride, whatever.



5. Tackle the Hard Stuff:

What if we saw the coronavirus quarantine as a defined period of time to really focus on teaching your child a particular skill or tackling a particular challenge. You have access to a professional who can give you real time tips and suggestions right to your screen. Take advantage of the gift of teletherapy and watch your child grow leaps and bounds over this time.