

Tips
for

EXTENDED TIME *at home ...*

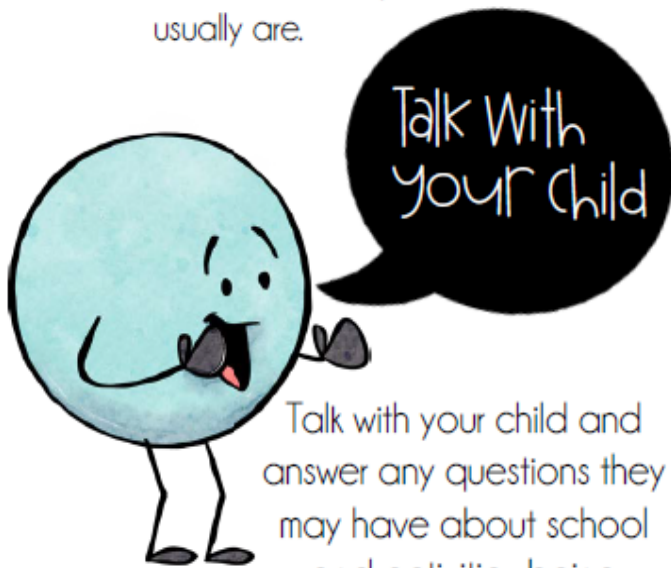
Keep a
routine

Kids enjoy predictability and thrive off routines. Set up a schedule with regular meal times, bedtime, and keep things structured as they usually are.



Set aside time
for
learning

Your child may have at home learning provided from school. Set aside a small amount of time to work each day. If your child is frustrated, do not push it. Reading together taking turns reading, baking, playing board games, playing card games, and doing hands on activities and crafts are all beneficial for kids that are home for an extended time period.



Talk With
your child

Talk with your child and answer any questions they may have about school and activities being cancelled. Keep an open dialogue to help ease their anxieties.

Have fun!

While this may be a stressful time, build in some time for fun. Social distancing will be hard for everyone, so take some time to blow off steam and get outside for a walk, a nature scavenger hunt, chalk drawing, play freeze dance, play doh, or anything your kids enjoy.



Be mindful of
your child and
their needs
during this time.