

TIPS FOR STAYING AT HOME WITH CHILDREN DURING THE CORONA CRISIS

TIPS FOR THE EVERYDAY LIFE

Without a day care center and school and with the current contact restrictions in the corona crisis, everyday life with children becomes a special challenge. We have put together a few tips that can help you get through this time well.



1

General tips

Try to develop and maintain a daily rhythm at home with fixed times for getting up and eating, playing and going out as well as small rituals. This gives all family members more **security** and increases the feeling of being in **control**.

Clarify amongst family members when each of the adults is given **time on their own**. Divide the care of the child(ren) in such a way that you also have time only for yourself and possibly also as a **couple**.

Talk to friends and acquaintances about your **worries and uncertainties** and do not pass them on to your child. Children sense this very quickly.

Solve conflicts in **calm** and look for **solutions** together. Avoid escalations by first ending the conversation and continuing it later in a calmer manner.

Use the additional free time to **try out new things**. There are, for example, many relaxation exercises to discover. These include fantasy journeys, progressive muscle relaxation, autogenous training, body travel, exercises for more mindfulness, yoga or meditation. Audio and video instructions can be found on many health insurance websites.



DEVELOP A DAILY RHYTHM

2

IDEAS FOR PASSING THE TIME WITH BABIES AND TODDLERS

Especially in these times it is important to give children a feeling of **closeness and security**. Use the time to try out new things with your child. For example, you can try **baby massages** to give your baby a feeling of closeness and to relax him or her. You can find various videos and instructions online.



Even very young children can be involved in **sports activities**. For example, you can dance with your child in a sling in front of your tummy or do other sports. While doing sit-ups with your legs up, you can place the baby on your shins or tickle the baby in front of you with your nose while doing push-ups. There are also many different tips and videos on the Internet.



If your child is already able to walk, you can use **movement songs** with them or perform simple **coordination exercises**. In this way, you can strengthen your child's abilities, spend time with him or her and get a **break from working at a desk**.

Show your children that toys are not always needed, but that they can **play with (almost) anything**. Even small children like to make different things out of everyday objects. Even babies can enjoy simple things such as a rattle from an empty plastic bottle filled with raw noodles.



**EVERYTHING CAN BE
BE USED AS A TOY**



Although it is currently not possible to meet up with other people in the park, make use of the nice weather as toddlers and babies need **light and fresh air**. To make sure that walking alone is not too boring, try out new paths, be aware of your surroundings and perhaps combine the walk with another activity (e.g. picking a bouquet, outdoor sports or jogging).

**GO OUTSIDE AND
ENJOY THE FRESH AIR**



3 Tips for dealing with kindergarten and school children

Arrange family meals. You can set the table with the children and hand over small tasks while cooking (e.g. having them cut vegetables). Consciously take **time for eating and talking to each other!**

Discuss ideas for recreational activities, e.g. doing handicrafts, painting, singing, doing sports, playing music or going out to get fresh air. **Creative activities** are often possible with simple materials and there are numerous suggestions on the Internet or in magazines.





Take advantage of **exercise and sports programmes** inside your home, e.g. on YouTube, or — if possible — go out into the garden, yard or nearby park a lot! Exercise and fresh air are **healthy** and bring **variation** into your everyday life!

Establish clear **rules** on when your child is allowed to consume media, which games, films, series and apps are allowed and still try to limit media time. If necessary, use locks for the router or for the devices used. An hour-glass can help limit time.



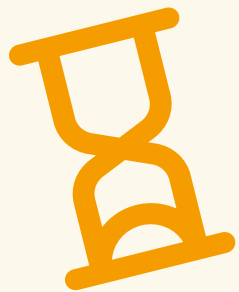
It's ok for your child to get bored! This encourages children to creatively think of something new for themselves. Boredom often leads to completely different ideas for games, **thoughts are set free** and it becomes much more obvious what is missing and what is good for them. „**Boredom is the gateway to fantasy.**“

Try to respond to the child's questions, stay calm and built on the child's knowledge. For example what has your **child already learned** about the corona virus and why it should not go to kindergarten or school.

Calm your child down, explain important measures such as washing your hands or that only telephone calls and no personal meetings with grandma and grandpa are possible at the moment. **Encourage** personal responsibility with setting an example and giving praise.



IT IS OK TO BE BORED!



**MAKE A PLAN A
PLAN TOGETHER**

Plan the upcoming tasks with school children. Decide **together** what has to be done and when and divide a big pile of tasks into small daily steps. The workplace should be **free of disturbances** and distractions.

Pay attention to working hours and clear breaks for your school children, you might also use an egg timer or something similar. Encourage your child to fulfil the tasks ahead, **praise** them a lot and avoid too much control! Allow your child to have telephone conferences with friends, family and relatives.

PSYCHOSOCIAL COUNSELLING

Free of charge.

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Website of the Psychosocial Counselling

Services can be
used anonymously.

Counselling in
English possible.