

## **Advice for Parents: Helping Kids Cope with Isolation**

- **Stick to routine.** We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

- **Kids and teens often worry more about family and friends than themselves** - For example, if kids hear that older people are more likely to be seriously ill, they might worry about their grandparents. Letting them call or Skype with older relatives can help them feel reassured about loved ones.



- **Turn down the pressure** - Don't attempt to have the perfect homeschooling or harmonious environment. It is very normal that emotions will be up and down for parents and kids and parts of the day will go really well and other parts may not! Make sure that you plan chill out time for the kids and for you too. Use the resources below for ideas and remember kids learn lots from playing too!

- **Be kind to yourself....and others** - With routines being disturbed and families being isolated it is normal for people to be stressed and at times snappy. If you find that you are getting on each other's nerves or falling out, try to take a break.



- **Don't beat yourself up if you have a fall out** - When things feel calmer it can help to notice that everything being different is really difficult for everyone e.g. 'this is really hard isn't it, we're not used to all this time together and things feeling so strange and it's making us all a bit grumpy'.

- **Use your resources.....but it's good for kids to be bored sometimes too!** We are used to busy, chaotic and activity filled lives and so are our kids. Whilst we may dream of not having so much to do, the reality of losing our 'normal' is not the relief we think it is going to be. There are lots of resources below to help fill the time with the kids, but don't feel





that you need to direct them every minute of every day. Research shows that kids finding their own ways to keep entertained can give them really important skills. If they say they can't find anything to do, find them a job or some homework to do.....often when those are the choices kids are really good at creating their own fun!

### **Resources to keep younger children busy:**

[Scouts have a list of indoor activity ideas](#)

[Activity village has colouring pages, kids crafts, educational resources, puzzles, printables, worksheets, sudoku for kids and lots of fun activities for kids](#)

[This collection brings together creative book-based activities that families can use at home. It includes online storytimes, creative writing opportunities and 'draw-a-longs' from illustrators.](#)

[Joe Wicks \(The Body Coach\) is doing a live P.E lesson on his YouTube channel 9am everyday](#)

[Audible have made hundreds of kids audio books completely free](#)

### **Resources and information for older children:**

[List of things to do at home for older children](#)

[Information on social media and balancing with mental health](#)

[Why self care and keeping a routine is important](#)

[Creativebug offers online video arts and crafts workshops and techniques. Learn how to paint, knit, crochet, sew, screen print, and more.](#)

[The app Houseparty lets groups of friends get together via video call and play online games like Quick Draw, Trivia and Heads Up.](#)

[MindMate is for young people and their families to help you explore emotional wellbeing and mental health issues](#)



**For all ages:**

[Sport England has a wide selection of online exercise platforms including working out with the kids, exercises for older adults and those with long term health conditions](#)

[List of homeschooling resources for all ages](#)

[NHS Change 4 Life has healthy recipes and indoor exercises](#)