



“Tips and tricks“ for the everyday family life in times of the Coronavirus (COVID-19)

Dear Parents,

- ♥ stay calm even though it's not always easy.
- ♥ try to see the positive things about the situation. For example, maybe your family now has time for some activities, together as a family like going outside, game nights or even crafting things.



- ♥ explain to your child, in an age-appropriate way that the current situation is exceptional.
- ♥ explain to them that adults are going to take care of the situation.
- ♥ try to structure your everyday life yet bring more variety into it too. Include your child actively

in an age-appropriate way when it comes to making a plan for the upcoming days and weeks.

- ♥ please stay in a daily structure. For example: “We are going to do our homework every morning for every day of the week.” or “We are going to do some experiments or play some board games every afternoon.”. Furthermore, it is very important to have a regulated meal- and bedtime. Besides, don't forget about some fruit snacks throughout the day.

- ♥ go outside as much as you can and get some fresh air, as long as there are no more instructions by the government. Not only throughout sunshine and nice weather but also when it's rainy or cloudy. This will ease a lot of tension regarding you and your child. However, please do not go to places you know are popular spots and think about social distance. It's not allowed to meet up with other families.



- ♥ take breaks in between taking care of your child. They have to learn that their parents aren't available to them all the time. You can do this with the help of simple chores, an offer to play a board game or even some fixed cuddling and family hours.





- ♥ When you are reliant on a babysitter please stay steady. Don't let strangers or unreliable person take care of your child.
- ♥ together with your child, think about things you want to do, such as: try out a new recipe, plant some plants explain to your playgrounds, and  build a pillow fort or maybe for the living space. However, child that the zoo, shops are off-limits.
- ♥ it's a good idea to come up with a set plan for the week together as a family.
- ♥ don't forget to call other parents and ask them about how they cope with this situation. Maybe you could exchange game ideas or book recommendations. Online ordering of books and games is still fine. 
- ♥ please respect that your child is unfamiliar with the new situation and that it is very exhausting to stay home all the time. They, too, miss their familiar surroundings and friends.
- ♥ if you notice that you are tense or annoyed, don't be afraid to ask for advice or seek help at information centres. They are available to you online around the clock. Furthermore, the "Nummer gegen Kummer" is available to children and teenagers who need advice (nationwide number: 116111, Mon. — Sat. 2 – 8 pm) as for parents can call if they have any questions (nationwide number: 0800 111 0 550, Mon. — Fri., 9 – 11 am., Tue. and Thu., 5 – 7 pm.). 



We wish you a preferably stress-free time and stay healthy.

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