

FAMILY LIFE during COVID 19



Do virtual meetups or playdates

Use whatever technology you have available to virtually meet up with those you love. If your kids are missing their friends from school or best friend from down the block, work with parents to arrange virtual playdates



Make "me" time

"Me" time is important for everyone in your home to practice. Set aside time every day for your kids to do something for themselves or have quiet time in their rooms, and during this time, treat yourself to something that will help you relax.



Keep your routine

With kids being out of school, and parents being out of work or working from home, routines are basically thrown out the window. But you can keep your family's morning, mealtime, and bedtime routines consistent. This will give your kids a sense of consistency, and it will help you too



Plan activities for kids

Doing puzzles, taking classes online, or playing outside are all great ways to spend time during isolation. This is a great time to review old "Bill Nye the Science Guy" videos with your kids and recreate some of his experiments together!

