

# Coronavirus: tips on how to cope.



- From our experience, children (and adults) react well to structure, especially a morning routine. Try to establish a routine ie when to get up in the morning and go to bed at night. Decide on the time that you would like your children to get dressed so that you are not sitting around in your pyjamas all day!
- To try and maintain some links to their usual school experience, consider setting exercise and lunch times.
- Set fun things to do to exercise, for example, assault courses round the garden or house (you don't need much space for this) Time how long it takes to complete the course. Can you do it quicker?
- If you can co-ordinate this time with other families your children could regain some of the social elements by communicating with others and having some virtual playtime.

If you are trying to help your child with some work at home, here are a few tips:

- When you were at school, who was your favourite teacher? Remember them? Even if you can't, this is your opportunity to be THAT teacher. Try to see it from your child's perspective: this will stop you from having as many quarrels or falling outs!
- Champion progress. Fortunately, your class is small. This is a great opportunity for your children to not have to compare themselves with their peers. Instead, they can focus on doing their best and beating their own scores.
- Swap over the pupil/teacher roles and get the children to teach you what they've learned.



- Make sure you eat well - eat brain healthy foods where possible, such as fruit and veg, lots of water and avoid sugar.
- It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health or our child's, try limiting how often you check the news.
- **Video calls** - Phone calls are amazing, and are a great way to stay connected. But seeing someone's face really can make a huge difference on a phone call. It can lift your mood and make you feel less lonely. There are lots of free video calling services you can use, and if you can connect to wifi this will help if you're worried about your data allowance. Don't be shy about going on camera – your loved ones will really appreciate seeing you, even if you're in your pyjamas! You could really brighten someone's day.

Stay positive, don't be too harsh on yourself or your children, and remember... your best will be enough.