

20 Tips For Parents

While Staying At Home

1. **Stick to a routine.** Make it visual. Build in times for breaks/self-care.
2. **Create a "getting ready" for the day routine** (brush your teeth, wear a bright color to brighten the mood) and a bedtime routine (bath, book, snack) to use everyday.
3. **Get outside at least once a day.** Fresh air is a must. Even opening the windows can create a mental "state change."
4. **Get moving** (shoot for at least 30 minutes a day to get the blood pumping and fresh oxygen flowing to the brain). YouTube has great videos to get you and your family moving.
5. **Have "shared experiences."** Although we cannot be in person with certain people, we can still engage through online video calls with those we love to feel connected.
6. **Stay hydrated and eat well.** Although obvious, don't underestimate how much stress and nutrition are related.
7. **Spend extra time playing with children.** Children will often make an attempt to gain attention and communication through play. Themes may pop up about illness, doctor visits, and isolation. Understand that play is cathartic and therapeutic for children - it is how they process their world and problem solve, and there's a lot they are soaking in from their surroundings right now.
8. **Give grace.** Everyone (at home, school, and at work) is going to have moments during a time like this where they are not at their best. Try not to hold a grudge and move forward.
9. **Find your own retreat space.** Despite how cramped your space may be, find a spot for each member of the family to gather their thoughts.

-
10. **Expect behaviors from kids.** They are trying to guess what tomorrow will look like and may act out. Hold tight and be gentle. They will feed off of your emotions.
 11. **Focus on safety and comfort.** There are a ton of deadlines and new arenas to navigate, but don't forget to spend time listening with eye contact, playing games together, and even hugs.
 12. **Limit social media and the news.** What you focus on will create what you feel. It is important to stay informed but also to focus your mind on what will bring you and yours peace during this time.
 13. **Lower expectations and practice self acceptance.** We are all doing a ton right now in the midst of fear and change. Give yourself grace and be patient with yourself.
 14. **Be grateful.** Notice the good. For every negative, try to replace it with at least one good thing. This impacts your mood and teaches the power of positive thinking.
 15. **Try to laugh at least once a day!** Challenge: try to get everyone laughing at the same time. It is good for the soul.
 16. **Think of ways to help or reach out to others (even if they are in the same household).** Helping others takes our eyes off of our own belly buttons.
 17. **Reach out for help when you need it.** Don't judge yourself for any emotions you are having. They are normal and we all need help throughout the day.
 18. **Find the lesson.** Even in trauma therapy, it is helpful to find the potential positive outcomes.
 19. **Chunk the day.** Take it day to day, or even hour by hour if that is easier.
 20. **Remind yourself that this is temporary.** Although this is scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.