

Indoor Activities to Support Social Distance During the COVID-19 Outbreak

Parenting a young child can already be stressful at times; health precautions like social distancing can add to the demands that parents and caregivers experience. Limited outdoor activities and physical contact with extended family and friends can be challenging. Some simple things you might want to add to your day include:

Make the Best of Technology:

- Plan “virtual visits” with family and friends. Encourage children to see their loved ones and friends on screen.
- Play music to relax.
- Exchange text messages of support and encouragement with your family and friends; share with your child.



Plan Every Day:

- Create a daily schedule to allow everyone to feel the security that routines provide. This will set up your family for a successful day!
- Plan for active and quiet times. Keep children engaged in educational and fun activities.
- Plan activities with your children during the day i.e. make the bed together, do household chores together, sing songs, read a book, etc.

Take Care of Yourself:

- Stay in touch with your family and friends - plan video chats to allow you to share your feelings and how you are coping with stress and change.
- Try indoor activities that help you relax and feel happy i.e. read a book, do yoga or meditation, watch instructional videos, explore apps for motivation and support, etc.
- Keep yourself informed by watching the news and making note of recommended health precautions, but also allow yourself time to disconnect.

Reference: Zero-to-Three. (March 16, 2020): *Young children at home during the COVID-19 outbreak: The importance of self-care*. <https://www.zerotothree.org/resources/3262-young-children-at-home-during-the-covid-19-outbreak-the-importance-of-self-care>.