

COVID-19: Surviving Isolation

This information is for anyone who is currently self-isolating due to the Coronavirus. We understand that staying at home in what can be tight spaces can be challenging for all families. This page gives some tips and information to help us all make the experience as rich and peaceful as it can be.

Nutrition: Do your best to eat well with a healthy diet and regular meals. Getting the exact food that we want can be a challenge, if this is the case, why not try a new recipe or meal with what is available?

Routine / Structure: Maintain as much of a routine as possible. If two parents are at home, split tasks and ensure you have breaks in-between you. If this isn't possible throughout the day then plan in some "down time" where you can spend time doing something peaceful.

Fun in normality: Remember to keep things as normal as possible and try to add in opportunities for fun and laughter together.

Communication is key: Be truthful but age appropriate about the current situation. Invite questions where you are able to (possibly set a time aside each day for this). Make a plan between parents about what to say, how to say things, and who will say it. If appropriate involve older children too.

Connection: Encourage connection in whatever way you can with people who aren't at home with you. Include peer messages, pen pals, Whatsapp etc

Filter: Consider what feels like too much in the news / social media and oversee your child's contact where you can so that messages remain supportive and not unhelpful.

Space: Be mindful of giving each other space. Do things separately. Encourage respect for space emotionally and physically when needed. Children might enjoy making a quiet zone in their room to retreat to—adults might enjoy the same!

Fresh air / Nature: Go outside and use what space you can to safely get some perspective. Look at nature, open windows and go on walks when possible

Pace: Slow down, switch off and make the most of having less demands on the family

Parenting: Remember what you know...pick your battles, soothe and comfort, talk about feelings and normalise big feelings / reactions. Manage screen time, consider others, keep boundaries, support each other.

Find Projects: Set tasks, build a garden / plant seeds, set challenges, learn new skills, try something creative, cook together. Set future hopes and goals. Map it, draw it and display it.

