

KEEPING YOUR CHILDREN BUSY, ENTERTAINED AND REGULATED AT HOME WHILST THEY CAN'T ACCESS SCHOOL

Due to the impact of COVID-19 we are all finding ourselves in positions we never thought would be possible. The following is general advice and parents may have to make it fit to their own environment at home.

Routine

It is important that you follow a routine at home:

- Dress your children in the morning. If they stay in their pyjamas all day, it may give the wrong message
- Stick to bedtime routines
- Children need to wash, bath or shower before going to bed
- Turn off the television or tablets one hour before bedtime – will help if adults do the same
- Start talking in a quieter voice and try not to argue
- Make sure your child feels cosy and comfortable in their bed, for example having their favourite soft toy, listening to music or looking at fairy lights
- Try to find a reasonable time for your children to wake up
- Stick to a hygiene routine, for example brushing teeth, taking a bath or shower, etc.
- Have breakfast
- Try not for your children to watch television all day long. You can let them watch television for about an hour, then let them move around

Importance of movement

Movement is important because it helps with regulation. When your child is not regulated, they may climb onto furniture, jump a lot, won't be able to sit, want to eat, cry, break toys, etc.

Every now and then stop what they are doing, and ask your children to do any of the following daily household tasks:

The following household chores are good for regulation:

Shopping

- Help with carrying shopping bags from the car to inside your house
- Carrying bags when shopping
- Pushing trolley whilst you are doing shopping
- Unpacking shopping and putting shopping in shelves above head height (under adult supervision)

Indoors

- Help with moving furniture (when required)
- Carry a full laundry basket to the washing machine
- Carry laundry upstairs
- Draw curtains or open curtains

- Hang washing
- Help making a bed, or help changing the bedding, especially the duvet cover and fitted sheet on the bed
- Hoovering
- Open doors for others
- Polish furniture
- Unpack the dishwasher (if applicable)
- Wipe surfaces indoors

Kitchen

- Buttering toast
 - Grating cheese
 - Making cold drinks, pouring water from a full jug or bottle
 - Open and shut plastic containers
 - Opening the fridge or freezer door on request
 - Putting water bottles in the fridge
 - Scrubbing pots and pans
 - Stacking tinned food
 - Stirring cake mix
 - Washing dishes
- *Parents to supervise

Outdoors

- Blow bubbles
- Bounce on a ball
- Carry bin bags
- Carry water-filled bottles across the garden
- Compact cardboard boxes
- Jump on a trampoline
- Kicking a ball
- Play with the dog, if you have one
- Push wheelie bin
- Rake leaves
- Run around
- Sweep patio or garden paths
- Swing
- Tie bin bags
- Water the garden or plant pots

Caution: Adult supervision are required for any activities, especially using utensils and pushing or carrying bags/trolleys.

Toys

Your child may like to do the following:

- Blowing bubbles
- Colouring or painting

- Making bread dough from a packet
- Messy play
- Playdough
- Playing with Lego
- Pushing cars on the floor

Please keep the 2 metre distance between people in public areas and follow the Government guidelines regarding COVID-19.

Stay safe.