

Here are five top tips to help you and your children during this time:

1. Create a schedule

Sit down with your children and create a daily schedule for the week. Choose specific times for homework, reading, fun time, bedtime, etc. You can make it fun by writing the schedule on a piece of paper or cardboard and get the kids to decorate it. Talk them through it each morning so they know what to expect.

Don't forget to hang this up for them to see!

2. Relax screen time rules

Given the circumstances, it's OK for children to be on their screens more than usual. Try letting them use their devices for short periods at a time a few times during the day – rather than binge-watching over one long period. Remember not all screen time is bad, so why not watch educational and fun shows with them?

Just ensure **parental controls** are enabled.

3. Have regular check-in discussions

Set aside a time to talk as a family about how everyone is feeling and coping with the outbreak – there is a lot of false information around coronavirus online so be more vigilant and critical about what you see and only trust information from reputable sources.

It's also important to help them manage any feelings of anxiety. They may be feeling this way over what they see, hear or the fact they're missing out on face-to-face interactions with their friends.

4. Stay in touch with family and friends

Children may be feeling left out from not being able to socialise as much, so allow them to video or voice call their friends and extended family.

Staying in touch can help your family feel more at ease with the new working situation and provide a sense of comfort and connection with one another.

5. Go for a walk

If you or your children don't have any symptoms of the virus, why not try to go for a walk in the park? A bit of fresh air can help and it's always nice to have a change of scenery!

You can adjust these tips to suit the specific needs your child may have according to their age and levels of maturity.