



# Staying at Home with Your Child During the Pandemic

## Create a Daily Routine for You and Your Child

- Having a routine for you and your child can help create a sense of order and offer reassurance. It can also help your child behave better.
- Have your child help plan the routine for the day, such as when they will play or do homework. Your child is more likely to follow the plan if they help make it.
- Try including exercises in your daily routine - this helps with stress and kids with tons of energy at home.

## Set Up One-on-One Time with Your Child

- Set aside some time to spend with your child. You may also set it to be at the same time every day, so they have something to look forward to.
- Some activities you may do with your child are: reading a book; talking about something they like; or telling a story.
- Also allow your child to pick what they would like to do. This can help them build a sense of self-confidence.

## Use Positive Language

- Tell your child what you want them to do, rather than what you don't want them to do: Instead of "stop shouting", try "please speak with your quiet voice".
- Complimenting your child's work makes them feel appreciated and good about themselves. Words such as "Thank you" can go a long way.