

Social Distancing: Life at Home

Life is changing quickly as we take efforts to minimize the spread of COVID-19. As schools and workplaces close, you may find your home is now a classroom and office as well. Here are some tips to help you and your family with this transition.

- 1. Make a schedule.** Routine is important for keeping things normal, especially for children. Getting up at a regular time and getting ready for the day helps you feel like you have purpose. A schedule can also help break up the day.
- 2. Outside is not off limits.** Try going for a walk during the day, play in the yard, or go for an adventure at the park (hide and seek, scavenger hunt, kick a ball, etc.).
- 3. Define work and living spaces, if possible.** While home may now be a classroom and an office, it can be hard to focus if your learning and work space is full of distractions.
- 4. Group time and alone time.** With everyone being at home all day, it may start to feel crowded. Decide on together times and on quiet, alone times.
- 5. Create boundaries.** If you or your family members are working from home, work hours may be a little different. Identify a time when work is over and communicate that with co-workers, supervisors, and family members.
- 6. Virtual connection.** Staying home may feel isolating. Schedule regular phone calls, video chats, or other virtual time with family and friends. Do a virtual dinner, play online games together, and connect regularly.
- 7. Check out free virtual activities.** Local and national museums, schools, zoos, and organizations are hosting and providing free online activities.
- 8. Balance screen time with other activities.** It may be tempting to pass the hours watching TV and movies, but try balancing screen time with physical activities, games, and learning opportunities, especially for children. Commit to eating dinner together at the table rather than in front of the TV.
- 9. Talk.** All change is stressful and with COVID-19, things seem to be changing quickly. Check in with loved ones, including children. Ask about stress and emotions. Keep communication open. Look for online counseling services, if needed.
- 10. Stay active.** Physical activity helps improve health and your mood. YouTube is full of at-home physical activities for the whole family. Move together.

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