

Routines and Recommendations for Parents in the time of COVID-19:

See links on the LST website for **how to talk with children about COVID-19** along with educational videos.

Keep a schedule. With schools closed, it's tempting to let kids park in front of the TV. But unstructured days can be a source of stress. Try using a dry-erase board or large paper on the fridge to post an agenda: reading time, play time, art time, naps, exercise time (to music), chore time, and outside time (if possible), etc.

Assign chores. Children as young as 3 often enjoy sharing adults' responsibilities, such as fetching and sorting laundry. Have them assist with meal prep, too. Consider rewarding with something special for extra chores or extra reading time children agree to (extending bedtime or a special game with Mom).

Promote artistry. Short on sketchbooks? "Pillage your closet": Old magazines and wrapping paper can be collage materials. Suggest parents see what materials they have at home and google those materials with the words Kids Crafts, for new and fun ideas to use what they have at home to entertain the kids. There is a creative craft idea for almost any material. Try using up old crayons with this fun project:

Melted Crayon Art at home <https://happyhooligans.ca/art-with-melted-crayons/>

Find Time Consuming Toys. Puzzles and board games are great, and Legos encourage imaginative play that can last hours. Refer parents to the LST website for an amazing list of additional **fun activities and entertainment** for kids at home (see Health and Wellness on lakeshoretherapy.com COVID-19 Resource page.) Many activities suggested here. Please check it out.

Think outside the box projects for kids such as: starting garden seeds inside now for planting when the weather breaks, make a cardboard rocket or fort inside, make a wind chime or mobile with spare materials around the house, allow kids to make a blanket fort). Make a family project of "things that make me laugh/happy poster", and put it on the fridge. Each day, each person from the family adds something and each day it grows. We see it often to remind us of happy things.