



Tips for Parents

Below are some tips for how to make the best use of this time during the stay at home order.

- Create a routine with consistent wake up and bed times. This creates a sense of stability and safety for children during the time their regular routines may have been disrupted.
- Limit screen time and/or intersperse it with other physical activities
- Move any electronics out of the bedroom (if possible) and turn it off at least an hour prior to bedtime.
- Have a family movie night complete with favorite snacks
- Walk, bike or exercise daily
- Find a walking trail. Many parks have open trails even when the playground is closed.
- Send a card to an elderly person in your church
- Use zoom or Google meet to host a virtual party
- Host a drive-by party with people remaining in their cars. This allows the children to see and talk with their friends from a safe distance.
- Invite an older person in your congregation to be a pen pal with your child(ren)
- Choose a theme and host a picture coloring contest
- Using zoom or other online platform, host a coloring date for a group of children or a child and their grandparent
- Schedule a “reading/singing with Grandpa and Grandma” night for your children using zoom or other online platform
- Start a push-up challenge for a group of friends, complete with awards
- Encourage your child to write a song, story or poem
- Have an outdoor campfire with singing, hot dogs, smores, etc. If you cannot have a real fire, use colored paper or streamers to create a fire effect.
- Walk around your neighborhood and pray for the people inside each house
- Create a daily chore chart with rewards/incentives for accomplishing each task
- Bake bread or learn to change the oil in your car
- Create and put on a puppet show. For a challenge, record the show on zoom and share it with your friends.
- Learn a new language
- Purchase paint and with assistance, allow them to paint or redecorate their bedroom.
- Fishing season is open! Purchase some fishing poles and go fishing. You can catch and release if you do not want to eat the fish.
- Decide on a specific time each week to work on a major project together, such as cleaning the garage, the basement or the attic.
- Look through old photo albums (remember those?). 😊
- Using old photos or pictures cut from magazines create a theme collage.
- Go through all the toys/books and decide which to keep and which to donate to a thrift store
- Visit a greenhouse and purchase some small plants or succulents to plant in a pot or small garden or purchase and plant some vegetable seeds
- Offer to mow, rake or mulch the yard for a neighbor
- Use cardboard and cut out and color paper dolls and make clothes for the dolls
- Try making your own soap, candles, hand lotion or chap stick. Instructions can be found online.

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- Create a scavenger hunt for your child
- Create a simple obstacle course in the house or outside or both
- Create a “tent city” using sheets or blankets. Sit inside and tell stories, read books, have a snack, etc.
- Host a Lego building contest. Share what you have created with your friends using zoom or other online platform.
- Choose a passage of scripture to memorize together as a family.

Most importantly:

PRAY for your child daily. Pray scripture such as the fruit of the Spirit over your child regularly. Ask the Holy Spirit for wisdom on how to nurture and care for your child during this season.