

Top Tips to help reduce stress

Keep to a routine

- Make sure the children get up at about the same time every day and encourage them to dress rather than sitting around in pyjamas

Plan your day

- Have predictable meal times, play times, work sessions and bed times. Setting alarms on your phone can help
- Eat meals at about the same time each day, limit snacking and treats to specific times. Prompt healthy eating, discourage day long grazing
- Make sure there is enough play time/down time so that learning does not become too time consuming. Limit screen time so that it does not take over the day. Be aware that children may be researching the situation
- Have definite times for learning activities and space these with creative activities, exercise breaks and keep fit sessions
- Tidy up after learning sessions; put away everything you used. This keeps things clean and tidy and shows that learning has finished, it's time to play

Try something new

- Look at trying a new hobby or physical/sporting skill. Perhaps do a virtual project with school friends or family. Try a new creative skill; painting or making models from recycled packaging etc. (Don't use toilet empty roll tubes; these are a health hazard as they carry germs)

Look into relaxation strategies

- This can include listening to nature sounds, lullabies and classical music for children (these are very often pleasant and many adults enjoy them too). Try some Tai Chi exercise for children or children's yoga
- Provide reassurance and avoid discussing the situation in front of children

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