



Guide For Families During COVID-19

Do you find yourself struggling to balance work, child care and self-care while keeping fears and worries—both yours and your children’s—under control? We’re here to help. Here’s a short guide to help you keep it all together.

Keep routines in place but remain flexible. Structure the day for learning, free time, healthy meals and snacks, physical activity and bedtime. While it’s nice to have a set routine, be sure to allow flexibility—it’s okay to adapt based on your day.

Be creative about new activities—and exercise. While schools are closed, have hands-on activities, like puzzles, painting, drawing, and making things. Don’t forget about exercise! Take a walk with your child or go on a bike ride, anything active is good for physical and mental health.

Practice social distancing. Social distancing is not an easy thing to do, but you can still stay sane and feel connected to those you love. Pick 2 or 3 new people daily to connect with virtually via Facetime, Skype or Zoom. While video chatting, you can have a virtual play date, watch a movie together, start a virtual book club or even sing karaoke.

Practice everyday preventive actions. Cover your coughs and sneezes with a tissue. Make you and your kids are washing your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Clean and disinfect frequently touched surfaces and objects (e.g., tables, countertops, light switches, doorknobs, and cabinet handles).