

# HOW TO STAY positive

DURING LOCKDOWN

Here are some strategies we can put in place to make sure our families come out of this happy, healthy and harmonious, and with stronger bonds than ever before.



## SETTING UP A TIMETABLE

You might be in the same space (room), but you're performing certain responsibilities during specific hours. Make sure everybody in the family is aware of each other's timetable and respects that.

## EMBRACE THE EXTRA TIME

Many of us who live in the city can spend around two hours every day commuting. Staying at home means you have extra time to create new rituals.

## FOOD

Create a weekly menu list. Encourage your children to share their favourite meals or what type of food they would like to eat.

## BE HONEST

Parents shouldn't hide their fear or distress from their children, and be open with their feelings in an age-appropriate way. Model to the children how you positively deal with a negative emotion.

## WRITE UP A FAMILY CONTRACT

Consider what everybody living and working at home will look like, including the pros and cons, and strategies

## CREATE NEW RITUALS

With up to two more hours available to us each day, use the time you would have spent going to work or school to do something positive or fun.

## LAUGHTER

Find a funny video or meme to share with the entire family at the end of the day, before

## TOUCH

Hug your kids and do it with a smile. It's a win-win situation that will improve the moods of both hugger and huggee, and reduce stress levels.

## STICK TO NORMAL ROUTINES

The brain needs the sense of safety and predictability that a routine can give.

## MUSIC

Choose a song or playlist and play it for everybody in the lounge room or while having

## BE VIGILANT

It's okay and normal to have down days, but parents need to watch for signs of distress in children.

## TALK—OFTEN

Check in on how your kids are doing: What are the facts they're hearing and what are their emotions around those facts?

## WHAT WENT WELL?

Each family member to reflect on something really simple but that went well that day. It's important not to force this exercise. Give your children (and yourself) the option to say, "I don't have anything to say today."

Christian parents can acknowledging God's presence and blessings in their day.

## SEEK FORGIVENESS

Of course, as parents, we will lose control sometimes and that's fine. The important thing is to explain to the child what happened and to apologise and ask for forgiveness.

The two most important words for families, especially right now, are "I'm sorry" and "I forgive you".

## BE IN THE PRESENT

Activities such as colouring-in can help to calm the nervous system, forcing children (and adults) to focus on the moment without worrying about what will happen in the future.

Spending time reading the Bible, reflecting on God's promises and praying to Him can be very helpful too.

## GIVE IT AT LEAST TWO WEEKS

Don't expect to adjust to a new routine immediately. Give you and your children some time to adapt to your new routine.



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