



County Wicklow Partnership



Covid-19 Survival Tips for Parents #1

Routine, Routine, Routine... ..

We all thrive from routine. The following tips will help you maintain your sanity while giving you an opportunity to enjoy spending time with your children.

- ☺ Make it fun, use your imagination and think outside the box. You'll be surprised at what you can achieve
- ☺ Get your kids to give their input into the daily plan. It gives them ownership of the activity and ensures enthusiastic participation.
- ☺ Make sure that there is a start, middle and end to the day and that your children are aware of it.
- ☺ BE CONSISTENT. This ensures that your children are fully aware of what their day will entail, what they need to do and when. It also ensures that they are aware of what consequences will occur should they misbehave.
- ☺ Before bed ensure that you have all the materials, books etc that you will need for the coming day as it prevents confusion and frustration

Idea for Today



Create what you miss outside – inside. Turn your kitchen into a restaurant, your children can be chefs, customers, waiters/waitresses. Your sitting room can be a cinema with a ticket booth and a shop, make your own money and tickets the possibilities are endless.

Stay safe and have FUN