

How to cope as a family: Ways for Families to Manage in Lockdown

This a stressful time for all members of the family. Children, parents, grandparents and other relatives may show their stress in different ways. Here are some suggestions for how families can work together to manage through lockdown.

Ways For Families To Manage In Lockdown

- 1 Define a 'good day'**
As a family try to define what a 'good day' would look like and plan in times for fun activities and things to look forward to.
- 2 Healthy meals**
Prepare healthy family meals where you can eat together and talk together.
- 3 Include children in household activities**
Children often enjoy being involved with cooking and other household tasks. It gives them a sense of purpose and can help to ease some boredom.
- 4 Stick to a routine**
Maintaining daily routines and schedules as much as is possible despite disruptions. For example, Keep a Regular wake up time even if working from home.
- 5 Stay hopeful**
considering keeping a family scrap book or a vision board where you all write down things or stick cut-out pictures that express what you are hopeful about.
- 6 Speak positivity and problem solve together**
When issuing a critique, you could try the hamburger method where you offer a compliment, deal with the issue at hand and then give a compliment again.