Family Wellbeing

There’s no doubt that the current pandemic is having a huge impact on family life. Although there may be challenges, these times can also provide us with an opportunity to get to know our children better and spend time together as a family. There are some simple things you can do to keep your family well and connected.

Try and do at least one family activity per day. Reading together, playing games or even preparing a meal together are great ways to connect. Eating together gives everyone a chance to talk and reflect on the day. Doing something physical together like a walk or an online exercise class is good for mental health, can increase endorphin levels and reduce stress. Remember to check in with individual family members and try to spend some quality time with each one of them. If you have a partner, make sure you schedule in some time together too.

# Spend time together

# Spend time alone

Everyone including parents need some personal time alone. It is OK to find and take that. If there are other adults in the household, take turns with childcare responsibilities to allow each other some ‘me’ time. This will benefit the whole family. It is especially important for parents with babies and toddlers. Whenever possible, try and use nap times to recharge rather than clean or work.

# Improvise with space

If there’s more than one child in the house, it can be great for you when they spend time together – but each child needs their personal space too. If possible, help your children create a space that is their own. This can be difficult in small flats, so improvise-perhaps by building a den on their beds or even just a quiet corner with cushions on the floor.

# Connect with others

It’s important to keep connected with friends and family. Use social media, phone and video calls and even video games to have fun and stay in touch with loved-ones. Encourage children to write letters to family and friends they are missing.

# Rethink screen-time

Think about a temporary relaxing of the rules on screen time during these exceptional times.It may be that allowing children to have more screen time than usual will help ease tension in the house. Screen-time often has negative connotations, but right now there is some really exciting content being developed for TV and online. From virtual museum tours to educational games and meditation apps, there’s something for all family. Just make sure you are aware of what your children are watching and doing online and keep talking about it!