Dragonfly: Impact Education

Tips for Parents

Some ideas and support for those self-isolating

What can you try?

1. Set up a routine

The key here is to make it a routine – not a schedule. Be flexible, but with boundaries. That means getting up at the same times and having things that you do in a regular order…it doesn't mean timing every second of the day with military precision! Make the routine visual, factor in free time without screens and when they're doing schoolwork, do some of your own work/jobs/chores alongside them.

2. Try new things

Introduce them to the things you love and share stories with them – make it an opportunity to connect. Watch documentaries and nature programmes (who doesn't love a bit of 'Blue Planet'?!); cook together and measure out ingredients, create exercise routines together, play board games and card games, show them how you manage the household budget and divide up money to cover bills, food and other things.

3. Keep it simple

Read to them. Yes – even the older ones! It ignites a love of reading, creates a bond between you and it's soothing and calming. Get them starting a gratitude journal, drawing or doodling and colouring – all activities that support mental health. When you are working on things together, or working side by side, begin conversations. Sitting next to someone without the requirement to make eye contact can encourage them to open up! It also helps if you share something first.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS www.dragonflyimpact.co.uk

TRAINING @dragonflyimpact

CONSULTANCY info@dragonflyimpact.co.uk