

## Nurturing Tips for Families in Lockdown Covid 19

**Start the day on the right foot:** The mood you wake up in can linger all day. Some positive affirmations are a great way to start the day. E.g **Today is going to be a great day! I am enjoying spending time with my family!** The right voice in your head sets you up for a good day! I keep a pile of affirmations next to my bed and read them at least once a day.

**Manage your expectations:** Every family is different, there may be work deadlines, school requirements and household jobs to fit into every day. Social media may lead you to believe everyone is building spectacular forts in the garden or show stopping birthday cakes! Your partner may not share your enthusiasm for making teepees out of old pallets and take more interest in rearranging the shed than your to do lists! Frustrating as it may, try to be on the same side whether it's getting work, school work, chores or bigger projects done. Share the jobs. If you can't agree; **Play to your strengths.**

**Control what you can:** You may feel like you have lost control of many aspects of your life. However you can probably control more than you realise. What you eat, read, watch and listen to are good places to start. Who you talk to is another one as is what you think about. **Think about what you can control.** Add some variety; Stop and read at 11am every morning? Everyone old enough joins in with meal preparation at the weekend? Kids get the washing in? Make it work well for your family.



**Kindness, Kindness, Kindness;** To yourself and loved ones. These are unprecedented times. When people spend lots of time together minor annoyances can escalate. More mess is a likely side effect. Active listening to each other can help as can giving each other some space. Show interest in what everyone is up to. Acknowledge feelings, they are meant to be felt and released, take time to sit with them and feel them spreading out through the limbs. Revisiting favourite stories and cuddles at bedtime can help children to feel safe. **Remember children notice more of what goes on between adults than you think.** Many therapy services now offer online support. See [Welldoing.org](http://Welldoing.org) in resources at the end.

**Find some common ground on the screen front:** Most people are spending more time than usual on screens. **No one wants to be told off all the time.** Decide when screen time is off limits e.g meal times. Find a game you can play together, share some funny clips, have some family viewing time. Check in with what children are doing online. Who are they playing with? How do they know them?  
**Check no personal information is being given out!**

**Play some family games or puzzles:** Board games, ball games, skipping games etc. We have a huge jigsaw on the coffee table. Several times a day most of us do a small part of it. Make it fun, laugh!



**Make some happy memories:** How do you want to remember this time with your family? Everyone has their own challenges and some days will be tough. Capture the happy moments: a photo, a drawing, a poster or a memorable quote and record it. Make a wonderwall or scrapbook of your lockdown memories. Keep it visible to keep your spirits up when you need it! See resources at the end for The Nurture Children's club YouTube channel for positive affirmations and wonderwalls.

**Do some exercise and get outside:** Our bodies need to physically move, find something you like and do it together. Walk, run, dance, yoga. etc Find an online class you like, vary what you do. **Raise your heartbeat and get the endorphins going!** See resources for ideas: The Nurture Children's Club YouTube channel has yoga classes. You will feel better for it!

**Count your blessings:** Be thankful for all you have. Gratitude improves your health!



**Connect with each other:** Make meals and eat together. Voice what is going well, any big or little victories during the day. Address smaller niggles before they escalate. Try to keep things positive and as normal as possible. Have some 121 time. Talk to people who lift your spirits if you need a boost!

**Plan some treats;** Break up the routine a bit, plan a quiz night with friends on Zoom, have a movie afternoon, a scavenger hunt. Get some new toys or games if budget permits. If children's behaviour is deteriorating you might find this helpful: **Love Bomb your children; shower them with your time and attention.** You don't have to say yes to everything, let them choose what everyone will do for an afternoon (e.g play a game they love, dancing, singing, etc) or evening. Just surrender to it and have some fun! It's a great way to show your child how much you love spending time with them. **Most of the time children want your time and attention!**

**Take some time for yourself:** Do something that makes you feel good e.g. a bubble bath and a good book. **SLOW DOWN.** Indulge in beauty treatments or deep breathing. Dance round the kitchen singing to your favourite tunes! There are some living room festivals online. There are lots of activities online you can join, do something for you, you wouldn't usually do because there isn't enough time. Tell others that you are doing this so you can relax in peace! **Just stop, no one needs to be doing all the time!**



**Be present in nature:** Take notice of the daily changes outside, leaves growing, buds opening, birds singing. The stillness. Appreciate it, we are all connected to nature.

**Look after your mental health:** It's really important to look after your own wellbeing, listen to your body. That's why eating well, sleep, rest and exercise are all so important. What is going inside your head is equally important. How much news do you need to take in? Try to be present in the moment you are in. **Children are looking to parents and carers to provide emotional stability and support.** How you all get through this time is giving your family a blueprint for coping with difficult situations.

**If you are struggling:** Meditation can be helpful, The Nurture Children's Club YouTube channel has short ones, see resources. Emotional Freedom Technique or EFT is a great way to process stuck emotions using acupuncture tapping points and you can do it yourself. Peter and Tamara Donn are EFT practitioners, they have clips dealing with issues around Covid 19 that you can follow, see resources. Brad Yates has easy to follow EFT clips, see resources. **Put together your own toolkit especially if you have a health issue. If your health is affecting your ability to function then find some help!**

#### **Resources:**

The Nurture Children's Club:

<https://www.youtube.com/channel/UCSx443N8ANDZEOaPrSqeIEA>

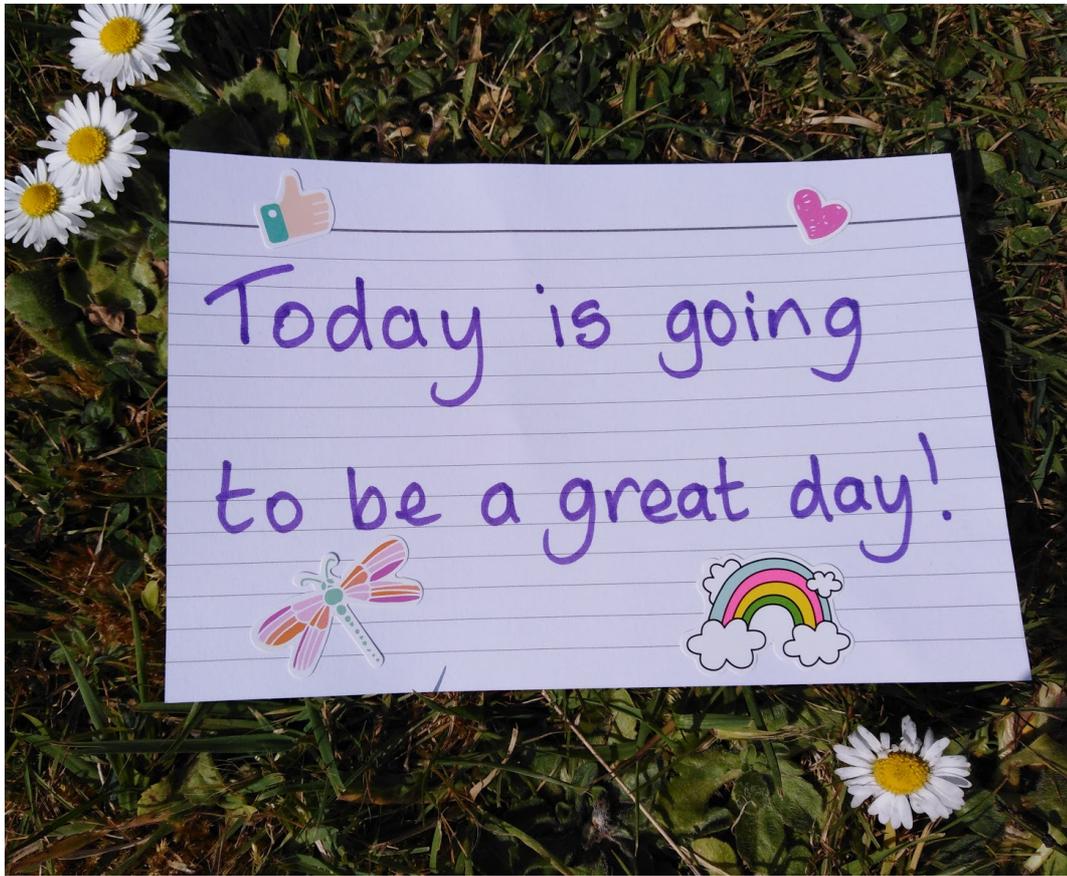
EFT

<https://www.youtube.com/playlist?list=PL94Zw8FsBbzVdj7OdspGDT5doo88EQwZL>

<https://www.bradyates.net>

Online therapy support

<https://www.Welldoing.org>



Today is going  
to be a great day!

