

Looking after YOU during the Lockdown

A national lockdown may seem like a stressful time but there are a few simple ways that you can help yourself and your family.

Keeping routines

As hard as it may seem, keeping children's routines as they were before lockdown will help both you and them. Try to stick to bedtimes, wake up times and meal times as much as possible. Children thrive with routines!

Limit screen time if possible. We may all be on various devices more than ever at the moment but make sure there are clear breaks in this, especially close to bedtime. So 3 hours of Xbox after school isn't advised (at least not every day).

The great outdoors is a great escape for the mind and exercise releases endorphins that can make us feel better- great for you both physically and mentally! How lucky are we to have such lovely surroundings so we don't have to travel!

Organise & plan Make sure everyone understands what school and work related activities are coming up. Are Mum/ Dad in the workplace today? Will someone in your support bubble be looking after the children this week?

It is important that children have time wherever possible to process this information.

Drink plenty of water

Giving your children plenty of water to drink will reduce fatigue, keep them fuller for longer and replenish some that they lose throughout the day. Water is the healthiest option.

Consider your priorities

Don't worry if you didn't bake today! Is your child happy, healthy and fed? Yes!

Check in with loved ones

How are they? Tell them how you are.

1

BE KIND TO
YOURSELF

2

SET REALISTIC
EXPECTATIONS

3

DON'T BE AFRAID
TO ASK FOR HELP

