

## Some Top Tips

- Follow the government and the world health organisation advice. There is a lot of mis-information in the media and on social media. Check the reliability of the information.
- It is a very difficult time and it is understandable to want to keep up with the latest news. Try to check the news just once or twice a day. Checking too often can create anxiety. Turn the news off and put your phone down in between times.
- Try to keep to a routine with regular times to get up, meal times and bed times. Children benefit from routine and structure.
- Spend some 1:1 time with each of your children every day.
- Keep yourself as healthy as you can, follow the governments advice on isolation.
- Increase your cleaning routine. Pay particular attention to door handles, flushes, table surfaces.
- Encourage and help children to wash their hands frequently. Always after using the toilet, coming in from outside, before and after meals.
- Take some exercise every day. Try to get some fresh air, even if that's opening some windows.
- Eat as well as possible, try to include fresh fruit and vegetables.
- Drink plenty of water.
- Monitor how much alcohol you are drinking, its easy to slip into drinking more than normal.
- Keep up contact with friends and family through phone calls, video calls, what's app groups, text etc.
- Rotate toys. Put some toys away and let the children play with only a few. After a few days put these away and get out some different ones. Keeps play new and interesting
- Have some fun times. Find your old board games in the back of the cupboard. Put some music on to dance and sing along to.
- Have some quiet times, watch a movie, look at old photos, tell family stories.
- Do some of the jobs you have been putting off.

You may be at home isolating but you are not completely alone. Services are still working to help and support you and your family