

Starting Lockdown...? Everything's Going to Be Ok!



How do you explain the situation?

Explain it to your kids simply.

For example: "All over the world now, there's a virus called Corona. Sometimes it makes people get sick: they get a cough, or don't feel well. To beat the virus, we need to stay at home for a few weeks, not meet family members or Grandma and Grandpa or our friends, and then we'll be able to go back out and go to nursery school."

Remember that the kids hear everything! Limit their exposure to the news and to "grown-up conversations".

You might need to deal with...

Regression

Changes in their life may cause regression in different areas like sleep, toilet training, separation and more. Accept it with understanding and patience, try to provide a sense of stability which will allow your child a safe place to return to their [developmental accomplishments](#).

Boredom

The long stay at home may result in repeat complaints about boredom. Remember that it isn't your job to act as an entertainment team. A safe and enabling environment, with accessible means, can enable boredom to become creativity.

What's important?

A daily routine and stability

A set routine that includes meal times, play time, bed time and more, provides your child with a sense of control, lessens stress and results in positive behavior. Be predictable, tell them about the changes that are going to take place ahead of time.

Positive language and environment

Instead of talking about what not to do, talk about what they can do. For example: don't say "don't run around the house now", say "please sit down on the couch now". Praise your children when they behave the way you asked them to. Be realistic! Don't expect your children (or yourselves!) to do things that aren't age appropriate or fitting to the situation you're in now.

Pay attention to them

Try to set separate windows of time for each child, even if it's just a few minutes. Listen to them, look at them, give them your full attention.

So what can you do at home?

Face and sound imitation games

Allow your kids to make a funny face or sound and then repeat what they did. Then switch.

A real concert

Sing songs, turn things around the house into musical instruments. A pot and wooden spoon can become a great drum!

Story time

Read stories together, look at photo albums together. Higher and higher, until you reach the sky
Build towers from whatever you have at home - plastic cups, pillows, dolls and more.

[For more ideas - Click here >](#)

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How do you explain the situation?

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For example: "There's a virus called Corona all over the world now. Sometimes it makes people get sick: they cough, get a fever or don't feel well. The virus is more dangerous for older people. To beat the virus and keep our family and the people we care about safe, we need to stay home for a few weeks now, not go to kindergarten, not meet family members or Grandma and Grandpa or our friends, and make sure to wash our hands and wear masks. After this we'll be able to go back out and go to kindergarten and meet our family".

Remember that the kids hear everything! Limit their exposure to the news and to "grown-up conversations".

You might need to deal with...

Sibling rivalry

The family and home environment simulate society for your child. **Fights** are an opportunity for you to teach empathy and attention to other's feelings. For example, say "look at your brother, he looks sad, how do you think he feels?" Help them solve disagreements and practice mediation and compassionate communication with them.

Increased exposure to screens

The long stay at home, along with parents working from home, can cause **prolonged screen time**, more than what's recommended. It's important to perform quality control and to limit exposure. Remember, you should set a reachable goal.

Safety

The kids aren't used to spending so much time at home and being bored and unoccupied for so long. These conditions raise the chance of dangerous 'silly behavior' taking place. It's important to make sure that there are no exposed electric sockets, sharp objects, accessible cleaning materials, unattended pools and other **safety hazards** that are at a child's reach.

What's important?

A daily routine and stability

A set routine, that includes meal times, play time, bed time and more, provides your child with a sense of control, lessens stress and results in positive behavior. Be predictable, tell them about changes that are going to happen ahead of time.

Positive language and environment

Instead of talking about what not to do, talk about what they can do. For example: don't say "don't run around the house now", say "please sit down on the couch now". **Praise your children** when they behave the way you asked them to. Be realistic! Don't expect your children (or yourselves!) to do things that aren't age appropriate or fitting for the situation you're in now.

Pay attention to them

Try to set **separate windows of time** for each child, even if it's just a few minutes. Listen to them, look at them, give them your full attention.

So what can you do at home?

What can this become?

It's so fun to recycle! Toilet paper rolls, coffee machine capsules, old newspapers, parts from games that are no longer in use and empty milk cartons and dairy product containers can become boats, castles, animals or happy and colorful pictures.

Obstacle course

Chairs, tables, a broom, a mop and other household objects can become a challenging obstacle course that will encourage fun exercise.

Story time

Read stories together, look at photo albums together.

Colorful salt

Color salt with colorful chalk to create 'colorful sand', just like in the Ramon crater. Put glue on paper and spread the salt or fill a bottle with colorful layers. You can also use different types and colored legumes!

[For more ideas - Click here >](#)

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How do you explain the situation?

Explain it to your kids simply.

For example: "There's a virus called Corona all over the world now. Sometimes it makes people get sick: they cough, get a fever or don't feel well. The virus infects people through small drops of spit: When you sneeze, cough or even talk. This is why we walk around with masks. The virus is more dangerous for older people. To beat the virus and keep our family and the people we care about safe, we need to stay home for a few weeks now, not go to school, not meet family members or Grandma and Grandpa or our friends, and make sure to wash our hands and wear masks. After this we'll be able to go back out and go back to school and meet our family".

Remember that the kids hear everything! Limit their exposure to the news and to "grown-up conversations". Allow them to ask questions and try to answer honestly, but without creating hysteria or anxiety.

You might need to deal with...

Sibling rivalry

The family and home environment simulate society for your child. **Fights** are an opportunity for you to teach empathy and attention to other's feelings. For example, say "look at your brother, it looks like he's insulted, how do you think he feels?" Help them to solve disagreements and practice mediation and compassionate communication with them.

Increased exposure to screens

The long stay at home, along with parents working from home, can cause **prolonged screen time**, more than what's recommended. Remember, you should set a reachable goal. Older kids might check out different strange websites, talk to and communicate with people they know or don't know online, and more. Install parental supervision programs, encourage them to write up a 'screen contract' with you, guide them about cases in which they should come to you.

Safety

A curious and independent child will want to use spare time to check out the different closets, build different structures, climb up to high places and more. It's important to allow kids to be independent, but in a **safe environment**. Make sure that medications, cleaning materials, alcohol bottles and other dangerous materials are locked up out of their reach.

What's important?

A daily routine and stability

A set routine, that includes meal times, screen time, study time, bed time and more, provides your child with a sense of control, lessens stress and leads to positive behavior. Be predictable, tell them about changes that are going to happen ahead of time.

Positive language and environment

Instead of talking about what not to do, talk about what they can do (for example: don't say "don't sit in front of a screen all day", say, "let's decide what to watch and when"). **Praise your children** when they behave the way you asked them to. Be realistic! Don't expect your children (or yourselves!) to do things that aren't age appropriate or fitting of the situation you're in now.

Pay attention to them

Try to set **separate windows of time** for each child, even if it's just a few minutes. Listen to them, look at them, give them your full attention.

So what can you do at home?

What can this become?

It's so fun to recycle! Toilet paper rolls, coffee machine capsules, old newspapers, parts from games that are no longer in use and empty milk cartons and dairy product containers can become a new entertaining game. This is a good time to encourage creativity and thinking outside the box.

Obstacle course

Chairs, tables, a broom, a mop and other household objects can become a challenging obstacle course that will encourage fun exercise.

Reading time

Sit together, each of you with your own book, and spend half an hour reading quietly together. This way you'll show personal example and create a calm environment in the house.

A world of slide shows

Teach your kids to create slide shows: download images, add sound, type text and more. Encourage them to choose a topic that they're curious about, research it and screen the slide show to the entire family.

[For more ideas - Click here >](#)

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How do you explain the situation?

Explain it to your kids using age appropriate language. For example:

"The Corona virus has attacked countries all around the world. It started in China and slowly, slowly spread to other countries. The virus has different symptoms: a cough, fever, muscle pains and more. The virus infects people through small drops of spit: When you sneeze, cough or even talk. This is why we walk around with masks. The virus is more dangerous for older people. To protect our family and the people we care about, we're entering a lockdown now - we'll stay at home for a few weeks, we won't go to school or other activities, we won't meet family and friends, and we'll make sure to wash our hands and wear masks. This way we hope we'll lower the number of people infected with Corona, so that we can get back to our regular routine".

Remember that the kids hear everything! Limit their exposure to the news and to "grown-up conversations". Allow them to ask questions and try to answer honestly, but without creating hysteria and anxiety.

You might need to deal with...

Sibling rivalry

The family and home environment simulate society for your child. [Fights](#) are an opportunity for you to teach empathy and attention to other's feelings. For example, say "look at your brother, it looks like he's insulted, how would you feel?" Help them solve disagreements and practice mediation and compassionate communication with them.

Increased exposure to screens

The long stay at home, along with parents working from home, can cause [prolonged screen time](#), more than what's recommended. Remember, you should set a reachable goal. Curious and independent teenagers will want to use the spare time to check out different and strange websites, talk and chat with people they know or don't know online, and more. It's important to allow teenagers to be independent, but in a safe environment. Install parental supervision programs, encourage them to write up a 'screen contract' together, guide them about cases in which they should come to you.

Safety

Make sure that medications, cleaning materials, alcohol bottles and other [dangerous materials](#) are locked up out of their reach.

What's important?

A daily routine and stability

A set routine, that includes meal times, exercise time, screen time, study time, bed time and more, provides your child with [a sense of control](#), lessens stress and leads to positive behavior. Be predictable, tell them about changes that are going to happen ahead of time.

Positive language and environment

Instead of talking about what not to do, talk about what they can do. For example: don't say "don't sit in front of a screen all day", say, "let's decide what to watch and when". [Praise your children](#) when they behave the way you asked them to. Be realistic! Don't expect your children (or yourselves!) to do things that aren't age appropriate or fitting of the situation you're in now.

Pay attention to them

Try to set [separate windows of time](#) for each child, even if it's just a few minutes. Listen to them, look at them, give them your full attention.

So what can you do at home?

Get that brain working!

Online courses and activities are an opportunity to encourage the kids to learn a new language, a new instrument, maybe improve their cooking skills. Encourage your kids to develop a new hobby or take up an old hobby and improve their skills.

Keep moving!

Exercise is good for our health and improves our mood. Help your kids choose an exercise that's suitable for them, dancing with 'Just Dance', Tabata exercise, or going out for a walk. Try to have exercise as part of the daily routine, at the beginning or end of the day. You can also all do it together!

Reading time

Sit together, each with your own book, newspaper or podcast, and spend half an hour reading quietly together. This way you'll show a personal example and create a calm environment in the house.

Digital? I want it!

Encourage your kids to use different digital tools: prepare a family quiz on KAHOOT, organize a family meeting on Zoom, prepare a video with family pictures on Animoto, and more. Encourage them to screen the result for the entire family.

Further information and tips are waiting for you on the 'Oh How You've Grown!' website:

gadalta.org.il

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You may feel...

Anxiety

It's natural and normal to feel [anxiety and worry](#) in light of the Corona crisis. Alongside the practical requirements of taking care of the kids and following the Ministry of Health's instructions, you're dealing with emotional challenges and stress that stem from health and financial uncertainty. The social isolation makes it harder for you to lean on the sources of support that you're used to. You may feel like you're drowning, and experiencing some of the common symptoms of anxiety that keep you from managing your day-to-day life: nonstop worries, restlessness, difficulty falling asleep or restless sleep, difficulty focusing, or an accelerated heart rate.

Anger

Your daily routine and your children's routines have been disrupted, and you're required to function extraordinarily, just when you're especially stressed. You might feel tired, barely get any free time, and sometimes feel like reality is pushing you to the edge and that you can't cope. In this situation, our emotional resources are limited, and situations like a child not cooperating, frustration towards a spouse or a disagreement about running the household, can cause you to lose your patience faster and even incite [anger](#).

Guilt

It's possible that in the current situation you won't get to all the tasks waiting for you during the day. You might perform them, but not the way you wanted to. The tasks from work won't be as exact as you wanted it to be; quality time with the kids won't be as calm or varied, if at all; you might not feel like having a nice conversation with your spouse about your day. All of these might make you feel guilty and uncomfortable about not being yourself "as usual".



What's important to do?

Don't stay alone

Share your feelings and difficulties with someone - your spouse, a relative or a good friend. Social and community relationships are not a luxury so spend time preserving them. You can do this on the phone, via video or on social media. You can join online groups that deal with ways of coping with the crisis and sharing experiences with other parents that are dealing with similar challenges. In accordance with the guidelines, get help from neighbors and friends that live nearby to pass the time together - it's good for the kids and the parents.

Know how to get angry, and how to apologize

We can't always succeed in [managing anger and stress](#). Sometimes, you may find yourselves exploding, yelling or saying things you later regret. It's natural for these outbursts to happen once in a while. When this happens, you can apologize to your kids or partner about losing control - but not about the anger itself. Say, "I'm sorry I yelled, I should have stepped away and calmed down before we spoke". This way you'll send your kids the message that it's ok to get mad, but you need to look for healthy and positive ways to deal with the anger.

One goal a day

Even though healthy behavior is important, during these times it's impossible to do everything. Striving to manage a perfectly healthy routine that includes a healthy diet, exercise, sufficient sleep and more, can cause a lot of frustration or despair. Lower your expectations to ease the pressure. If you want, you can try choosing [one goal a day](#), and try to manage just that one. These small successes, for you and your kids, contribute to feelings of pride and self-confidence. They give you the strength to keep going and to meet other challenges in these complex times.

Remember to ask for help

If you don't feel relief, and the anxiety and stress bother your daily functioning and keep you from being the parents you want to be, it's important that you seek professional help. You can call the Ministry of Health's hotline (*5400) or the call centers that the HMO's and mental health centers have opened to provide support during Corona times.

What's important to do?

Be forgiving

A forgiving way of thinking can help you to get through the ups and downs of this difficult period. Let go of the little things and save your energy for the big and important things. Tell yourself what you would tell a close friend who came to you to talk about difficulties or the sense of failure they're experiencing.

Try the following exercise: spend a few minutes every evening and write down three things (even small ones) that worked for you today, like "today I taught the kids how to help set the table" or "the kids made a huge mess and I managed not to lose my temper." Next to everything, write what you did to make this succeed. For example, "I gave my oldest child a job to do" or "I took a deep breath and counted to ten". Check your list every weekend. You might even surprise yourself...

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