



## How Parent Club can help you and your family to cope with restrictions

Being a parent is the best job in the world, but it can also be one of the most stressful. There will be days when it all feels a little too much, especially at the moment.

The Parent Club coronavirus hub can help. It has information and tips to help you cope with the current restrictions. This also includes advice on what the restrictions mean in your level, information on isolating and testing for children, what to do if you're isolating because of a close contact in school or nursery, as well as information on shared parenting and childcare.

We know it's not easy, but if we all put our own twist on the rules, they won't work and it may lead to even more restrictions. Below are some tips that have helped other parents cope with not being able to meet friends, family and loved ones indoors.

### **Instead of meeting family indoors...**

Many of us are really missing spending time in our homes with our friends, family and loved ones at the moment, even just the simple act of sitting down together and making them a cuppa.

It is especially hard for our kids not to spend time with their grandparents. If you and your family are finding this hard, here are some ideas on how we can still enjoy special moments together during these really tough times.

Just remember to wrap up warm if you are meeting outdoors and follow the guidance for your area.

#### **Tip #1**

#### **Outdoor afternoon tea**

Wrap up warm, fill up flasks, find a nice spot and tuck in to some tasty treats together. Just make sure you all bring your own things to eat with, and aren't sharing food.

## Tip #2

### Video 'play date'

A treasure hunt where the grandparents set the clues, and kids run round the house looking for each item, bringing them back to the screen.

## Tip #3

### Snail Mail

Even with all the technology around, it is still really nice to get things in the post. The kids could write a card or draw a picture for the loved ones they really miss. They might get one back!

## Tip #4

### Party games outside

Old school games like musical statues are great and it is fun for all ages.

## Instead of having playdates indoors...

We know how disappointing it is for kids not to be able to have their friends round for a play date at home right now. But they can still meet up outdoors.

Here are some ideas to have in mind next time you head out with your little one, or why not arrange to meet up with one of their friends and you can all have fun doing these activities together. Just remember to wrap up warm and follow the guidance for your area.

## Tip #1

### Play opposites

You can do this anywhere! On their own or as a wee team. You pick up something smooth, they have to find something rough. If you find something heavy, they have to find something light.

## Tip #2

### Build a den

They'll enjoy balancing sticks to make a cool den. No big sticks? How about gathering small twigs to make a fairy den or village instead.

## Tip #3

### Chalk the walk

Give the wee ones a piece of chalk each, shout out ideas for them to create or they can draw pictures on the ground for each other.

## Tip #4

### Wacky Races

Get the kids doing animal races together, jumping like frogs and prowling like cheetahs. Ask them to take turns and guess which animal they are. (You could even join in!)

## Instead of teens meeting at each other's houses...

We know that teenagers are finding it particularly hard at the moment not being allowed to visit their friends in their house. And as parents you know they won't want to hang out with each other in the cold or rain.

Here are some tips that may help give you (and them) some ideas of how to have fun together at the moment, together as a family at home and with their friends outside.

## Tip #1

### Outdoor workouts

Skate parks and outdoor gyms are great places to let off steam with their mates. Or they can make up their own set of circuit training exercises in any outside space.

## Tip #2

### Cook up a storm

Why not suggest your teenager tests their skills with a bit of home cooking. Let them choose, it doesn't have to be anything fancy. Visit our recipes to help get them started.

## Tip #3

### Time for a challenge

Nothing like a bit of healthy competition between family & friends! Set up a joint target - running, steps, daily keepy-uppies or push ups!

## Tip #4

### Virtual Escape Room

Keep older kids occupied while they create the clues, can the adults can escape? [The Escape Kit website](#) shows you how to get started.

For more tips, advice and resources see our Parent Club pages on coping with restrictions:

[Coping with restrictions](#)