

Tips for staying at home happily!



- Provide a quiet space for children/ young people to distress
- Somewhere to be able to unwind if they feel overwhelmed by confinement
- Use good clear communication about feelings
- Children who feel heard are more likely to be accommodating of others
- If you are finding the days long or children's behaviour deteriorating provide lots of things to keep children occupied (especially outdoor where possible)
- Encourage children to be involved in the food preparation and household tasks.