



## When Children and Parents Are Stuck at Home

Uncertain times and close quarters can make it difficult to cope with the day-to-day stressors. Parents are overwhelmed by financial stressors, supporting their families and adapting to changing work situations. Such efforts can be made even more difficult when children are required to stay at home. The following tips provide helpful ideas for children to develop independence and creativity at home until they can return to their normal routines.

### Establish a Morning Routine

Schools provide a structure for children. This helps them orient their day and focus on being productive. Lack of a routine allows disruptive behavior to be the norm in an already chaotic time. Set standard wake-up times and create a schedule of activities for each day. Post the schedule where everyone can see it.

### Learn a New Game

Teach your kids a new card game. Popular options for children are War, Crazy 8s, Go Fish and Slapjack. You can also have your children pick out a new game and learn how to play together.

### Have a Dance Party

Turn on the music and have fun dancing with your children. To make a game out of it, play something like freeze tag: while the music plays, your children dance and when it stops, they have to hold their pose. The first one to move is out!

### Bake

Bake cookies or a cake with your children. Let them pick out the recipe. Teach them how to be careful around the stove and how to measure ingredients correctly. Best of all, you get to eat your delicious creation together after you are done!

### Do a Puzzle

Puzzles develop problem-solving skills. Select puzzles based on age range and encourage your child to match colors in order to fit the puzzle together.

### Help With Chores

Now is the perfect time to get kids of all ages involved in chores. Sweeping, cleaning kitchen surfaces, collecting laundry, even helping make meals will keep them occupied while teaching vital life skills.



## Online Resources for Children at Home

According to the American Academy of Pediatrics, play is essential to development because it contributes to the cognitive, physical, social and emotional well-being of children. It also offers an ideal opportunity for parents to engage fully with their children.

If you are looking for ways to help your children get the most out of play time, story time or any other time, your GuidanceResources program can help. Click the links below for articles and other parenting resources on [guidanceresources.com](https://www.guidanceresources.com):

### [How can I choose toys that will boost my child's learning?](#)

### [10 Brain Strengthening Games](#)

### [Play Therapy](#)

### [Teaching Children Letters and the Alphabet](#)

### [Infant Growth and Development](#)

### [What is Exergaming?](#)

### [Fun and Learning with Children in the Kitchen](#)

### [Learning to Read](#)

### [Speech and Language Development in Young Children](#)

### [Safe and Educational Play for Young Children](#)

### The American Academy of Pediatrics says play helps children develop:

- Imagination
- Physical dexterity
- Cognitive abilities
- Emotional Strength
- Social and other vital skills

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