

**DEPARTEMENT
BILDUNG, KULTUR UND SPORT**

Abteilung Volksschule

Sektion Schulpsychologie

INFO SHEET

Everyday life with Corona: suggestions for families

The corona virus changes our everyday life. This information sheet gives ideas on how parents and children can deal with the current situation and refers to the telephone counselling of the School Psychology Service.

Tips for everyday life with children and young people



Daily structure

Familiar processes provide structure and security. Keep a daily routine to as normal as possible: Ensure consistent bedtimes and shared meals. Make a daily plan together. Agree on when to learn. It is particularly important for adolescents to keep to the day-night rhythm. Contact the teacher if you have any questions or concerns about learning at school.



Family as a team

Each member of the family can take over household tasks within the scope of their possibilities. Clear agreements can help to reduce conflicts.



Answer questions

Show your child that questions are welcome. But do not push the issue. Take up familiar themes. You might find suitable material on the Internet. Explain to your child why contacts are severely restricted at the moment. Promise only what you can certainly keep.



Activities

The current situation is an opportunity to spend time together. Plan joint activities as a whole family. Adolescents in particular need a place to retreat. Children do not need to be constantly entertained and should be given time for themselves. Boredom makes you creative.



Physical activity

Movement has a positive effect on our psyche. Stress is reduced and our immune system is strengthened. If possible, take your child out into the fresh air. When doing so, observe the rules of the Federal Office of Public Health. Exercise is also possible at home: there are training programmes on the Internet.



Media

Children and adolescents are allowed to spend a little more time in front of the screen at the moment. Clear time limits and age-appropriate content are important. Social media are especially for adolescents a chance to stay in touch with their friends.

Advice for parents



Dealing with stress

Children are very sensitive and feel how their parents are doing. The current situation leads to insecurity, worries and stress. Under stress we can be less patient with our children. We are less aware of their needs and, for example, become loud more quickly. That is why it is important that you, as mum or dad, also look after yourself. Think about what is good for you and what helps you personally in dealing with uncertainty and stress.



Comprehension and empathy

Children and adolescents react differently to the changed everyday life. Perhaps your child is increasingly sad, affectionate or anxious, perhaps he or she reacts with provocative or aggressive behaviour. Think about what need might be behind this behaviour and show understanding. Your child needs a lot of security and safety at the moment. Avoid punishment if possible. Tell your child what it does well. Family rules provide support.



Conflict management

At the moment you are spending an unusual amount of time together with your family in a small space. This can lead to increased conflicts. Allow all family members time for themselves. Talk about what concerns you and look for solutions together.



Realistic expectations

As parents, you are under great pressure now. Reconsider your expectations. Be understanding and patient with your child but also with yourself. Nobody expects you to have everything under control.



Parents as role models

Children are strongly oriented towards their parents. Try to set an example of what you expect from your child.



Remain confident

Try to stay positive. What did we do well today? What opportunities are currently available for the relationship with my child or for learning at school?

Advisory service of the School Psychology Service

We offer free telephone consultation on:

- Questions about support and education
- Questions about behavioural or health issues
- Conflicts in the family

☎ 062 835 40 00; www.ag.ch/schulpsychologie

If required, we can help you to find the right support service.

A translator can be involved.

The expert team against domestic violence also offers counselling for affected families:

☎ 062 835 41 19