



Pandemic Ten for parents and kids

1. If possible, separate workspace/playspace for kids and adults, and stagger supervising time with another adult.
2. Plan a daily schedule, talk over with kids the day before if possible. Include one thing for each child and adult to accomplish each day.
3. Discuss that this is the new normal, and that it won't go away anytime soon.
4. Don't sweat the small stuff.
5. Do something active outside.
6. If possible, identify a private space for each child.
7. Help kids to plan safe social interactions.
8. Practice mask wearing for increasing lengths of time. When school does reopen, kids may need to be comfortable wearing masks 6 hours a day.
9. Validate feelings.
10. Parents find at least 15 minutes a day to doing something for themselves.