



Short and to the point - 10 tips for staying at home



The following recommendations are intended to serve as support and suggestions, which can always be individually adjusted and modified. On our website you can find further and more detailed information on the topic “Staying at home” in the document called [“Tips for home quarantine and restricted permission to go out”](#).

Tip 1 Explain to your children what is happening

It is very important for children to understand what is happening and why certain things must be as they are. Explain what is allowed at the moment and what is forbidden and that it’s important that everyone participates. Also talk to small children since this gives them a feeling of security. Maybe your child is unhappy or dissatisfied. Have understanding for the fact that it is particularly difficult for children not to be able to do many nice things. Remain clear but calm, don’t scold.



Tip 2 Reassure your children

Many children who feel ill at the moment become afraid that they have contracted Corona. Take their fear seriously and tell them clearly that you know what to do. Ask experts if you are unsure yourself whether or not your child has become infected. Explain to your child that it has strong “body police” which can handle illness really well and that your child does not need to be afraid. Also explain what you will do to support the “body police” in their work (tea, rest, medicine, distraction, being comforted).

Tip 3 Set up a daily schedule and rules

Write or draw a schedule with all the day’s important points. A joint schedule gives children the feeling of being well informed. It should include getting up, eating with washing hands, playing, learning and also phone calls to people with whom your family can’t meet up at the moment. Set up rules: Don’t have discussions which could cause fear in the presence of your children, but with other adults instead. Give each family member repeated opportunities to retreat and have their peace and quiet.

Tip 4 Turn a blind eye

Realise that it is normal to quarrel more if everyone is together constantly. Make it your goal to quickly make up again. This is much more important than “winning” an argument. If you realise that a quarrel is imminent don’t pressurise your child but rather interrupt the situation. Carry on talking when heads have cooled down again.

Tip 5 Quarrel differently

Discuss that every family member may say “STOP” if it gets too much. Then have a break and wait until everyone has calmed down again. To this end, it is important that everyone leaves each other alone for a while, separates, for example, goes into separate rooms or corners of a room. Only continue talking once nobody is worked up anymore. Then look for a solution!

Tip 6 Play and make things with the little ones

Playing, making things and drawing are important for children and help in times of upheaval and boredom. Without nursery school or after school care some children find it difficult to come up with ideas or busy themselves alone. Don’t scold, help your child instead. Ideally, play with them or let the children show you what they have played, made or drawn on their own. If possible, let your child join in with what you are doing. Use television and smartphone games for limited times only.

Tip 7 Allow greater freedom

For older children and adolescents it is particularly difficult to be “locked up” and not be allowed to do lots of things. Have understanding for it and really allow them the space to retreat and also be alone once in a while. Allow them contact to friends via smartphone and internet and don’t confiscate their smartphone as a punishment during these times. Try to end quarrels early on and show your strength in not letting yourself be provoked.

Tip 8 Move yourself and your family

Get out into the fresh air! Make going outside, keeping a distance and hygiene rules a part of your daily schedule because exercise is important for everyone.

Tip 9 Take care of yourself

At the moment many parents have to manage very many things and that’s not easy. Try to carry out tasks one after the other, not simultaneously and don’t be annoyed if not everything works out perfectly. This goes for everyone at the moment! Do it as best you can every single day and keep an eye on your own stress level. If it gets too much then take a short timeout.



Sometimes even 5 minutes alone in the bathroom helps; breathe deeply and run water over your hands. Find out what and who helps you stay upright at the moment.

Tip 10 Get help

If you realise that you are at the end of your tether, quarrels arise time and again and you can't find a solution any more or you are worried about your child then get advice. There are organisations which you can call and which give support. It's fine to need help and make use of it.

We wish you and your family all the best!

Sources: AETAS Kinderstiftung (2020): *Short and to the point: 10 tips for staying at home*. AETAS Kinderstiftung. Munich. Available online at www.aetas-kinderstiftung.de, Version: 13/05/2020.

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