



How to Survive a Coronavirus Lockdown with Kids

It's like summer vacation, but worse. You can't send them off to camp or take them to the movies. And to top it all off? You don't just have to *survive* your kids; you're supposed to be *educating* them. A teacher's job never looked so tough. But there's good news: you're not alone. With our tips, you can ensure a successful and, dare I say it, *enjoyable* COVID-19 lockdown.



TIP #1: SET A SCHEDULE AND STICK TO IT

Kids thrive on routine, and the sooner you implement a plan the sooner life will start to feel a little less hectic.

Pro Tip: Have the kids and your co-parent help you make the schedule and post it somewhere everyone can see it.

TIP #2: TAKE ADVANTAGE OF THE RESOURCES AVAILABLE TO YOU

If you have a library card, encourage your kids to download ebooks, music, and even movies from their online catalogue.

Pro Tip: If your kid isn't much of a reader, don't despair! Audiobooks and high-quality podcasts abound. Check out [Wired's](#) recommendations for the best podcasts for kids.

TIP #3: ENCOURAGE ALONE TIME

It's not a time out, but it is time alone. Spending all day together can get old fast. Work in an hour once or twice a day of quiet solo time for your kids.

Pro Tip: Encourage your kids to watch yoga or meditation videos during this time. You and your co-parent might find this helpful, too.

TIP #4: IF YOU HAVE A YARD, USE IT*

If there's a safe place for your kids to run around outside, take advantage of it. The fresh air and exercise will do them good.

Pro Tip: Let them dig in the dirt if it makes them happy; worry about the landscaping later. And if you and your co-parent can work in a quick walk, take one and use the time to talk about how you can stay on the same page.



*use outside space in accordance with current rules and recommendations in your area

TIP #5: COOK TOGETHER

There's no better time to teach your kids how to make your famous chocolate chip cookie recipe.

Pro Tip: Let them make a mess. You can use those extra paper towels you picked up to teach them the proper way to wipe down a counter.

There you have it. Five tips to help you stay sane with your kids during the Coronavirus lockdown. And if you find yourself struggling because of a difficult living situation or co-parenting plan, know that [Fleischer & Ravreby](#) is here to help. We have your back.

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