

Social Distancing Tips for Kids

Many children are struggling to adjust to social distancing guidelines. It can be hard to explain why they cannot see friends or participate in certain activities. Here are few tips to help keep your children healthy, safe and happy.

- Create a new routine. Whether it's school time, bedtime or dinner time, it is important that your child feels like there is order in their life. Consider posting a calendar or chart that your child can update each day after they complete an activity.
- Schedule time for play or physical activities. There are lots of great videos online that teach dance, gymnastics, yoga and more! If you're stuck inside, consider a scavenger hunt. Have your child find something of the same color or shape in each room.



- Encourage your child to video chat with their friends so they feel connected.
- Be patient with each other. Everyone deals with their emotions differently.

- Have fun and stay connected. Schedule activities such as movie nights, baking, or have children help with small projects around the house.

